

Pregnancy Resource Guide

A guide to empower women going to

Wilberforce University

to continue their education and pregnancy.

Brought to you by:

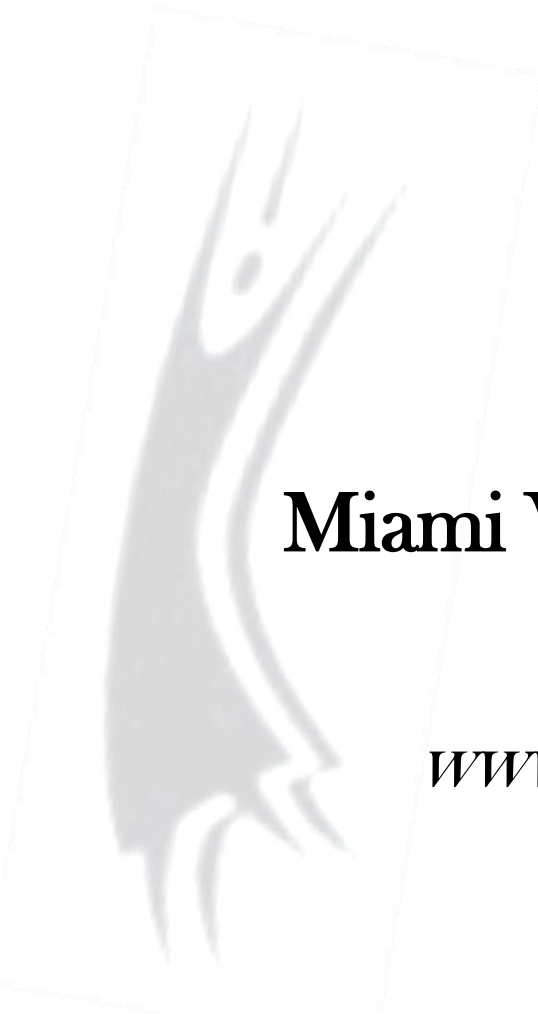
Equip4Life

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Miami Valley Women's Center

((937) 374 - 0023

www.womenscenter.org



A Resource Guide for Pregnant Women

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Let WU and the Miami Valley Women's Center help you
achieve your goals!

Where to Start?

Do you think you're pregnant?

Step 1: Confirm your pregnancy

- The Miami Valley Women's Center (MVWC) offers free pregnancy test verification and limited ultrasounds to verify the viability of your pregnancy.
- You will also receive options counseling which provides you with relevant information and support as you make your decision.
- We have 4 convenient locations in Xenia, Huber Heights, Kettering, and North Dayton.
- Schedule an appointment at (937) 374 - 0023 or online at www.womenscenter.org

Step 2: Tell your support people

- Your family is a great help in this time of change and will be important before and after the birth of your baby.
- The MVWC has tools to help you tell your parents and partner, if you haven't already.

Step 3: Make a doctor's appointment

Once your pregnancy is confirmed with MVWC, the center can direct you to apply for State medical insurance for you and your baby.

- MVWC can provide referrals for area doctors and a resource for prenatal care even before insurance starts.
- It is best to start prenatal care as soon as possible.
- You can contact the Ohio office of Job and Family Services to receive insurance if you have none. (<http://jfs.ohio.gov/>)

Now what?

Preparing for a Baby

Step 1: Sign up for Free programs at MVWC (937) 374 - 0023

- **MOMS** is a 10- week program designed to help you learn how to care for yourself and your baby, before and after birth while earning **NEW** items including cribs, strollers, highchairs, diapers and more.
- **Earn As You Learn** is a 5- week program that helps you earn **USED** items for your baby: clothes, changing tables, car seats and other necessities.
- **DADS** is a program for your partner where he can learn what it takes to care for and nurture a baby while earning free Items for baby.
- **Discipleship** is a one on one follow-up that will help you explore questions about faith in Jesus Christ while earning **NEW** or **USED** items for your baby.
- **Maternity Clothes** - MVWC offers free maternity clothes to any pregnant woman in need.
- **Spiritual Support** is a bible study where pregnant or young mothers can come together, support, and encourage one another.

Step 2: Additional Community Support

- United Way HelpLink 2-1-1 Resource Directory - <http://www.referweb.net/day/Search.aspx>

What do you need to stay in School?

WU and what they can do for you

Step 1: WU Financial Aid - (937) 708 - 5727

Will you lose your scholarships or financial aid?

- Scholarship - Most depend on your ability to fulfill requirements of the scholarship's eligibility.
- Financial Aid - To determine if you are a dependent or an independent student, go to <https://studentaid.ed.gov/sa/fafsa/filling-out/dependency>. Independent students may be eligible for more financial aid.
- Office of the Bursar (844) 849 - 2404 or studentaccounts@wilberforce.edu

Step 2: WU Residence Life and Housing - (937) 708 - 5819

Contact Elyse Roulhac, eroulhac@wilberforce.edu, Office of Residence Life and Housing for any questions about your housing situation.

Step 3: Food

- MVWC - Client Services (937) 298 - 2822
 - The center provides formula, diapers, used clothes and baby food every four months at no cost to those in need (on a per child basis).
- WU offers a full dining hall experience included in tuition fees.
- FISH Food Pantry - (937) 372 - 1550

Step 4: Childcare

- Childcare is a necessity to be able to go to class and work to support yourself and your baby.
- Many people choose to have a partner, friend or family member provide childcare.
- In order to be able to receive assistance with childcare you must apply for Title 20 funding with Ohio office of Job and Family services. (<http://jfs.ohio.gov/>)
- There are many reputable and local childcare facilities available including:
 - Job and Family services - (937) 562 - 6000
 - Kids Learning place - Xenia (937)372 - 1446

Step 5: Academic Support

Tutoring/Advising (937) 708 - 5641

Call to set up a meeting with an advisor or tutoring support. The Center of Academic Support and Student Success (CASSS) will assist with academic support such as tutoring and mentoring.

Step 6: Emotional Support

WU Health and Counseling Services

WU offers health and counseling services at no additional charge to enrolled students.

○ Counseling Services (937) 971 - 4018

○ Central State Health and Counseling Services – (937) 376 - 6076

- Wilberforce University students can be seen by appointment at the Central State University Health Center, which is open weekdays from 8:00 AM-5:00 PM.

○ Title IX Information: (937) 708 - 5706

- The U.S. Dept. of Education's regulation implementing Title IX specifically prohibits discrimination against a student based on pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery from any of these conditions. Under Title IX, it is illegal for schools to exclude a pregnant or parenting student from participating in any part of an educational program. In addition, a school must excuse a student's absences because of pregnancy or childbirth for as long as the student's doctor deems medically necessary. When a student returns to school, they must be allowed to return to the same academic and extracurricular status as before their medical leave began.

Can you do it on your own?

Yes, and you can achieve your goals too!

Resources

- Miami Valley Women's Center (937) 374 - 0023
 - Can help with pregnancy, parenting related needs, and material resources.
- Healthy Mommy-Healthy Baby Prenatal Outreach (937) 496 - 7718
- Greene County Combined Health District (937) 374 - 5600
- Life Stage Samaritan Center for Women (937) 277 - 8988

Learn from others. They did it, so can you.

“I was raising my daughter alone when I started back to college. One year into my degree I was faced with an unplanned pregnancy. I was already having a hard time going to school and raising one child. How could I possibly have another? As if it wasn't scary enough facing this alone again, I found out I was expecting twins! I felt as if I had no hope of being a college student while raising a toddler and now two newborns alone. How could I have a professional career helping others when it seemed as if I would not be able to help myself, nor be the mother my children need and deserve? I had come so far and did not want to give up on my dreams. I believed I could change our futures and set up a good life for my family. So I did just that. I had the twins right after my daughter turned 2 and started back after a 3-month maternity leave from school. AND I DID IT!”

Brittney

Make an Appointment Today!

Miami Valley Women's Center

www.womenscenter.org

(937) 374 - 0023

Four Convenient Locations

Kettering Center

2345 W. Stroop Rd.
Dayton, Ohio 45439

Huber Heights Center

7079 Taylorsville Rd. Suite A,
Huber Heights. OH 45424

Xenia Center

245 S. Allison Ave.
Xenia, Ohio 45385

North Dayton Center

4247 Philadelphia Dr.
Dayton, OH 45405



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WWW.WOMENSCENTER.ORG
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