

PREGNANCY SUPPORT

ON-CAMPUS SUPPORT

OFFICE OF EQUITY

The Office of Equity supports pregnant students, faculty, and staff so they can achieve academic and work success while pregnant, recovering from the birth of a child, caring for a newborn, and breastfeeding an infant. [Read more about pregnancy accommodations and how to request an accommodation here.](#)



UNIVERSITY HEALTH AND COUNSELING SERVICES – WOMEN’S HEALTH

Provides contraception, annual exams, pregnancy tests, sexually transmitted infection testing, breast concerns, evaluation for menstrual problems, vaginal infections, PrEP, and information about women’s health issues. Appointments can be scheduled on the web by going to myhealthconnect.case.edu or calling 216.368.2450.



REPRODUCTIVE HEALTH WEBSITE

The [Reproductive Health Website](#) provides resources, FAQs, task force information, legal and legislative context, expression and advocacy, and news and events information.



CHILD CARE AND PARENTING RESOURCES

OFF-CAMPUS SUPPORT

CIRCLE HEALTH SERVICES

From Tinkham Veale University Center: 4 minute drive, 16 minute walk, 9 minute transit
Equipped with 16 exam rooms, 5 dental chairs, 3 group therapy rooms, a modern laboratory, and an expanded pharmacy. Mission is to provide quality health care and related services to those who lack appropriate alternatives. Offers birth control information and prenatal counseling.

PLANNED PARENTHOOD – CLEVELAND HEALTH CENTER

From Tinkham Veale University Center: 9 minute drive, 35 minute walk, 16 minute transit
Provides abortion referrals, birth control, HIV services, men’s health care, morning-after pill, pregnancy testing and services, primary care, STD testing/treatment/vaccines, transgender hormone therapy, and women’s health care. Located at 7997 Euclid Ave Cleveland OH 44103. [Book an appointment online with Planned Parenthood here.](#)



CENTERINGPREGNANCY

CenteringPregnancy is a unique care model that enables midwives to provide pregnancy and birth-related information in a group setting. As a result, expectant people learn together and support each other throughout their pregnancies. Services provided include health assessments/promotion, parenting education, and support network. Please call us today at 216.250.9865 to make an appointment with an OB/GYN specialist and find out which option will work best for you.

IMAGE CLEAR ULTRASOUND OF OHIO

Image Clear Ultrasound of Ohio provides free pregnancy test and limited obstetrical ultrasound services to confirm pregnancy, determine gestational age, and location of pregnancy. Many of us have faced an unplanned pregnancy and made one of the choices you're facing. We will respectfully listen to you, truthfully explain your options, and do our best to answer any question you have. Because all of our services are free, we will not profit from any decision you make. Please note that we do not offer ultrasound for gender determination or fetal abnormalities. We are a mobile service. Our location varies depending on the day. [Please visit our website to see a schedule of our appointments and where we'll be located that day.](#)



BIRTHING BEAUTIFUL COMMUNITIES

From Tinkham Veale University Center: 4 minute drive, 19 minute walk, 15 minute transit
Birthing Beautiful Communities provides support for black moms and babies through the Free Doula program. We offer pregnancy support through a doula. Doulas provide emotional, physical, and educational support to moms throughout pregnancy, labor, and postpartum. [Fill out the form on the website and you'll hear back from our intake specialist within 3 business days.](#) Located at 1464 East 105th Street Suite 202 Cleveland OH 44106.



HELP ME GROW

Provides a family support program for pregnant women or new families. Promotes healthy growth and development for babies and young children. Offers support on healthy pregnancies, breastfeeding, and more. Families must be at or below 200% Federal Poverty Guidelines and be a first-time expectant parent, first-time parent with an infant under 6 months of age, or child aged 2 or under with at least one parent active in the military. Families who would like more information about Help Me Grow programs should contact 216.930.3322, email hmgreferrals@helpmegrow.org, or [complete the online Help Me Grow referral form.](#)



MOTHERTOBABY

MotherToBaby is the nation's leading authority and most trusted source of evidence-based information on the safety of medications and other exposures during pregnancy and breastfeeding. We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions, and much more. Our no-cost information is available to people who are pregnant and/or breastfeeding, their family members, and the public via chat, text, phone, and email in both English and Spanish. Call 866.626.6847 or text 855.999.3252. [You can email an expert here](#) or live chat in the pop-up in the bottom right-hand corner of the page.



LAMAZE INTERNATIONAL

Works to educate expectant parents and provide support so they are equipped to effectively partner with their care provider, navigate their options in care, and push for the safest, healthiest birth possible. Call 202.367.1128 to get connected to a Lamaze educator.

CHILD CARE AND PARENTING RESOURCES

GOVERNMENT FINANCIAL RESOURCES

WOMEN, INFANT, AND CHILDREN (WIC) ASSISTANCE

WIC provides nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referral to prenatal and pediatric health care and other maternal and child health and human service programs. Call 330.297.9422 to apply Monday-Friday 8:00am to 4:30pm. [Referrals for WIC can be made online here.](#)



Must make at or below:

Family Size of 1 = \$23,828 annually

Family Size of 2 = \$32,227 annually

Family Size of 3 = \$40,626 annually

Family Size of 4 = \$49,025 annually

Family Size of 5 = \$57,424 annually

Family Size of 6 = \$65,823 annually

Family Size of 7 = \$74,222 annually

Family Size of 8 = \$82,621 annually

TANF – TEMPORARY ASSISTANCE TO NEEDY FAMILIES

Eligibility

Those Eligible:

- Only households with minor children (under 18 years of age) or women in their third trimester are eligible for TANF.
- Children must reside with a parent, specified relative, or legal guardian/custodian.
- Unmarried minor parents and pregnant minors must also be in approved adult-supervised living situations.
- Adults and minor heads of household must participate in work activities.
- Adults and minor heads of households who apply for or receive benefits must sign a self-sufficiency contract.

Not Eligible:

- Adults with no minor children in the home or not in 3rd trimester of pregnancy.
- Individuals who do not sign the self-sufficiency contract.
- Household income exceeds grant amount for assistance group.
- Individuals receiving: SSI income, adoption assistance, foster care payments.
- Individual is a fugitive or parole violator.
- Individual is convicted in a court of law of a fraudulent misstatement of residence.

Work Activity Requirements

All Adult and Minor Head of Household recipients who do not meet an exemption are required to participate in the Work Program. This program provides education, training, and work experience or subsidized employment for required eligible recipients. Comprehensive Case Management and Employment Program for those 24 and younger seeking TANF benefits. Employment assistance – resume building and updating, interview skills, and SNAP nutrition classes, etc.

Income

Gross Monthly Income Must Be Below:

Families of 1: \$423
Families of 2: \$537
Families of 3: \$630
Families of 4: \$750

Families of 5: \$858
Families of 6: \$942
Families of 7: \$1038
Families of 8: \$1139

How to Apply

Only eligible to receive TANF benefits in Ohio for 36 months in a lifetime. Months received as a minor child are not countable towards 36-month time limits. Spouses assume each other's time limits and the higher of the 2 is used for the assistance group. All months received as an adult in a state outside of Ohio are countable towards Ohio's 36-month time limit. All applications are to be processed within 30 days from the date the agency receives the application. Paper and electronic applications are screened, and appointments are scheduled for TANF.

Paper Applications: [JFS SNAP Form 7200](#). Print the application from the website. Complete all information. Submit completed application to 1641 Payne Ave Ste. 520 Cleveland OH 44114.

Phone Applications: Call 844.640.6446 Monday to Friday 8am to 4pm.

Web Portal Applications: benefits.ohio.gov. Click Apply Now option.



Verification Documentation

Criteria of Eligibility	How can it be verified?
Household composition/Bloodline	Birth certificates of all applicants and household members, as appropriate
Age, citizenship, identity	Birth certificate, State ID/Driver License, US Passport, crib cards for newborns, school records for minor children
Non-Citizenship Status, if applicable	Immigration documents
SSN	Social Security Card or SS5
Pregnancy, if applicable	Medical Provider written statement
Earned or unearned income	Paystubs, employer statements, award letters, w2s, 1099s, etc.
School enrollment and attendance, if applicable	School documents, class schedule, report cards, etc.
Residency/Address	Piece of received mail, Utility bill, Lease agreement/mortgage statement
Disability status, if applicable	Doctor statement, SSA determination documentation
Time limits – Ohio 36 months in a lifetime	Out of state benefit documentation – if applicable
Work activity assignment completion	Verification from Work Programs/JOBs
Cooperation with Child Support Enforcement Agency to establish paternity and medical support	Verification from CSEA that cooperation has occurred with establishing paternity, as applicable, and medical support, as applicable