

## ***PREGNANCY SUPPORT***

### **ON-CAMPUS SUPPORT**

#### **OFFICE OF EQUITY**

CWRU, through 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. Title IX (which prohibits gender discrimination against students) and the Pregnancy Discrimination Act prohibits schools and employers from penalizing students and employees because they need time off from school, or reasonable adjustments, due to pregnancy, childbirth, or caring for an infant.

[Learn more about Pregnancy Accommodations and how to request an accommodation here.](#)



#### **UNIVERSITY HEALTH AND COUNSELING SERVICES**

University Health and Counseling Services is committed to providing high quality sexual and reproductive health services that are inclusive and sensitive to the needs, experiences, and identities of all CWRU students. This including discussing all pregnancy options and providing referrals to abortion services when requested. Please go to [myhealthconnect.case.edu](http://myhealthconnect.case.edu) to schedule an appointment or send secure messages to Health Services or Counseling Services.



#### **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.



### **OFF-CAMPUS SUPPORT**

#### **PLANNED PARENTHOOD – CLEVELAND HEALTH CENTER**

*From Tinkham Veale University Center: 9 minute drive, 35 minute walk, 16 minute transit*

Provides birth control, sexual transmitted infection testing and treatment, abortion services, gynecological exams, adoption referrals, colposcopy, cervical cancer diagnosis and treatment, HIV testing and counseling, midlife services, and men's services. Located at 7997 Euclid Ave Cleveland OH 44103. [Book an appointment online with Planned Parenthood here.](#)



#### **CENTERINGPREGNANCY – UNIVERSITY HOSPITALS**

*From Tinkham Veale University Center: 11 minute drive, 55 minute walk, 18 minute transit*

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 assessment, health promotion, education, and prenatal care. Please call us today at 216.675.6667 to make an appointment. Located at 5805 Euclid Ave Cleveland OH 44103.

#### **CENTERINGPREGNANCY – CLEVELAND CLINIC**

*From Tinkham Veale University Center: 11 minute drive, 55 minute walk, 18 minute transit*

CenteringPregnancy is patient-centered care that follows national guidelines recognized by hospitals around the country. The visit schedule, which consists of 10 group appointments between 90 minutes and 2 hours, provides the flexibility and time to explore health and

wellness topics that might not be covered as extensively in a normal one on one prenatal visit. Located at Cleveland Clinic Stephanie Tubbs Jones Health Center at 13944 Euclid Ave East Cleveland OH 44112. Call 216.767.4242 to make an appointment.

### **IMAGE CLEAR ULTRASOUND OF OHIO**

Image Clear Ultrasound of Ohio provides free pregnancy test, prenatal ultrasound, options consultation, and community referrals. [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 seeks to educate, support, and empower expectant mothers at every stage of their pregnancy and postpartum transition. Birthing Beautiful Communities provides labor support, life goal planning, childbirth and parenting, and support groups services. Located at 3043 Superior Ave Cleveland OH. Call 216.307.1538 for more information or fill out the [Birthing Beautiful Communities contact form here](#). Call 216.402.0924 for their emergency hotline.



### **HELP ME GROW**

Help me Grow is a system of supports for pregnant women, caregivers with new babies, and families with young children, and for children with developmental delays and disabilities. Families who would like more information about Help Me Grow programs should contact 216.930.3322, email [hmgreferrals@helpmegrow.org](mailto:hmgreferrals@helpmegrow.org), or [complete the online Help Me Grow referral form](#).



### **MOTHERTOBABY**

MotherToBaby specializes in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substance use, maternal health conditions, and much more, during pregnancy or breastfeeding. This is a no-cost service available to people who are pregnant and/or breastfeeding, their family members, health professionals, and the general public via [chat](#), text at 855.999.3525, phone at 866.626.6847, and [email](#) in both English and Spanish.



### **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.

### **NATIONAL MATERNAL MENTAL HEALTH HOTLINE**

Provides 24/7 free, confidential support before, during, and after pregnancy. The hotline offers callers phone or text access to professional counselors, real-time support and information, response within minutes, resources, referrals to local and telehealth providers and support groups, culturally sensitive support, counselors who speak English and Spanish, and interpreter services in 60 languages. The National Maternal Mental Health Hotline can be reached by calling or texting 1.888.852.6262.

## **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. To apply for WIC benefits, please visit a WIC clinic near you. The closest to campus is University WIC at 5805 Euclid Ave, Room 101, UH Rainbow Center for Women and Children. Phone number is 216.675.6605. Open Monday, Wednesday, and Thursday from 8:30am 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

### **CASH ASSISTANCE - OHIO WORKS FIRST TANF**

Ohio Works First (OWF) is part of the state's Temporary Assistance to Needy Families program. OWF is the financial assistance portion of the state's Temporary Assistance to Needy Families (TANF) program. It provides cash benefits to eligible families for up to 36 months. You can determine your eligibility, apply, and manage cash assistance from the State of Ohio in the [Ohio Benefits Portal](#).

#### **Eligibility**

Those Eligible:

- A minor child who resides with a parent, specified relative, legal guardian, or legal custodian (a child may be temporarily absent from the home provided certain requirements are met)
- An individual who is at least six months pregnant
- A non-custodial parent who lives in the state, but does not reside with his/her/their minor child(ren)
- Households must earn 200% of the federal poverty line or less
- Must be a U.S. citizen, qualified immigrant, or protective refugee

#### **How to Apply**

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.

*In-Person Applications:* Visit in-person at the Jane Edna Hunter Building Southgate Neighborhood Family Service Center at 3955 Euclid Ave. Cleveland OH 44115

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

*Web Portal Applications:* [benefits.ohio.gov](https://benefits.ohio.gov). Click Apply Now option.



**Verification Documentation**

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