

PREGNANCY SUPPORT

ON-CAMPUS SUPPORT

OFFICE OF EQUITY

CWRU, through the Office of Equity, supports pregnant students, postdoctoral scholars and fellows, 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), Title VII (which prohibits gender discrimination in employment), and the Pregnancy Discrimination Act prohibits schools and employers from penalizing students and employees because they need time off from work or 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 includes discussing all pregnancy options and providing referrals to abortion services when requested. Please go to 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, 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, emergency contraception, gender-affirming care, HIV services, pregnancy testing and planning, prenatal and postpartum services, STD testing and treatment, sexual and reproductive concerns, vaccines, and wellness and preventive care. 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.](#)



CENTERING PREGNANCY – 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 440.922.6530 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 the [Image Clear Ultrasound of Ohio website](#) to see a schedule of their appointments and where they'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, 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, or [complete the online Help Me Grow referral form](#).



MOTHERTOBABY

MotherToBaby specializes in answering questions about the benefit/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, 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 advance safe and healthy pregnancy, birth, and early pregnancy through evidence-based education and advocacy. Learn more about [Lamaze, classes and tools, and resources here](#).



NATIONAL MATERNAL MENTAL HEALTH HOTLINE

The National Maternal Mental Health Hotline is free, confidential, and here to help 24/7. Call 1.833.TLC.MAMA for support.

GOVERNMENT FINANCIAL RESOURCES

WOMEN, INFANT, AND CHILDREN (WIC) ASSISTANCE

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age. 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 referrals 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 and Thursday from 8:30am to 4:30pm. Proof of identity should be brought to your appointment.

Must make at or below:

Family Size of 1 = \$27,861 annually	Family Size of 5 = \$67,673 annually
Family Size of 2 = \$37,814 annually	Family Size of 6 = \$77,626 annually
Family Size of 3 = \$47,767 annually	Family Size of 7 = \$87,579 annually
Family Size of 4 = \$57,720 annually	Family Size of 8 = \$97,532 annually

CASH ASSISTANCE - OHIO WORKS FIRST TANF

Ohio Works First provides cash assistance to eligible low-income families and children for up to 36 months using the state's portion of Federal Temporary Assistance for Needy Families (TANF) dollars. Ohio Works First is available to the following groups who can meet financial and participation requirements: Families with at least one child under age 18 or age 19 if still in high school or women who are at least six months pregnant. Once an application is submitted, a caseworker from Cuyahoga County will be in touch to schedule your interviews and help guide you through the process. To receive OWF, work-eligible recipients are required to participate in work activities every month that assistance is received. You must also be a U.S. Citizen or a lawful permanent resident, a resident of the state of Ohio, and make less than or equal to 50% of the Federal Poverty Level.

Must make at or below:

Family Size of 1 = \$608 monthly	Family Size of 5 = \$1464 monthly
Family Size of 2 = \$822 monthly	Family Size of 6 = \$1678 monthly
Family Size of 3 = \$1036 monthly	Family Size of 7 = \$1893 monthly
Family Size of 4 = \$1250 monthly	Family Size of 8 = \$2107 monthly

You may apply for [Ohio Works First online](#) by going to Ohio Benefits.



Verification Documentation

Criteria of Eligibility	How can it be verified?
Household composition	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	School documents, class schedule, report cards, etc.
Residency/Address	Piece of received mail, Utility bill, or 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