

## ***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 in education), Title VII (which prohibits gender discrimination in employment), and the Pregnancy Discrimination Act prohibit 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](https://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**

The Planned Parenthood Greater Ohio Virtual Health Center provides care by phone or video. Insurance is not required and Planned Parenthood will never turn you away if you cannot pay. You can receive support for birth control, emergency contraception, gender-affirming care, HIV services, STD testing and treatment, sexual and reproductive concerns, vaccines, and wellness and preventive care. Book an appointment with the [Greater Ohio Virtual Health Center online here](#).



#### **CENTERINGPREGNANCY - UNIVERSITY HOSPITALS**

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

CenteringPregnancy is a special way to get all your pregnancy care. It involves group prenatal visits with other pregnant people like you. Centering visits give you more time with your midwife than regular care, allowing you to learn more and get your questions answered. The program empowers group members to learn and be confident as they prepare for the birth of their child, leading to healthier outcomes for both mom and baby. Enroll today by calling 440.569.6937. Located at UH Rainbow Babies & Children's Ahuja Center for Women and Children 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 works to address and improve the systemic and community structures that lead to poor birth outcomes through cultural, education, advocacy, support, and engagement. Birthing Beautiful Communities holistically supports pregnancy women to deliver full-term, healthy babies, and in achieving equitable birth outcomes. Services include labor support, life goal planning, mental health services, lactation support, grocery shopping days, and transportation 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 or [complete the online Help Me Grow referral form](#).

**MOTHERTOBABY**

MotherToBaby provides information on the benefit or risk of medications and other exposures during pregnancy and while breastfeeding. 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 more during pregnancy and breastfeeding at no-cost. Contact MotherToBaby via phone at 866.626.6847, text at 855.999.3525, or via the [MotherToBaby live chat](#).

**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**

If you are pregnant or have just had a baby, the National Maternal Mental Health hotline is free, confidential, and here to help 24/7. Contact the hotline by texting or calling

**Dean of Students Office**

110 Adelbert Hall • Cleveland OH 44106 • 216.368.1527 • [deanofstudents@case.edu](mailto:deanofstudents@case.edu)

1.833.852.6262.

### **VITAMIN ANGELS**

Walgreens and Vitamin Angels provide free prenatal multivitamins and nutrition education. Located at 10001 Chester Ave Cleveland OH 44106. Once at Walgreens, visit the pharmacy counter and ask for Vitamin Angels Prenatal Multivitamins. You will receive a free bottle of prenatal multivitamins and nutrition education.

## **GOVERNMENT FINANCIAL RESOURCES**

### **WOMEN, INFANT, AND CHILDREN (WIC) ASSISTANCE**

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC provides free healthy foods, breastfeeding support, nutrition education and referrals to other services, to support you and your family. Call University WIC at 216.875.8805 to schedule an appointment. Located at 5805 Euclid Ave, Room 101, inside UH Rainbow Center for Women and Children. Pregnant and breastfeeding women; women who recently had a baby; infants birth through 12 months, and children age 1 to 5 years of age are eligible. You must also present at the clinic appointment and provide proof of identity, be a resident of the State of Ohio, be determined by health professionals to be at medical/nutritional risk and meet income guidelines (185% of the Federal Poverty Income Guidelines).

Must make at or below monthly:

Family Size of 1 = \$2,413	Family Size of 5 = \$5,805
Family Size of 2 = \$3,261	Family Size of 6 = \$6,653
Family Size of 3 = \$4,109	Family Size of 7 = \$7,501
Family Size of 4 = \$4,957	Family Size of 8 = \$8,349

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

The Ohio Works First (OWF) program is time-limited cash assistance to eligible families through Ohio's Temporary Assistance to Needy Families program. The OWF cash benefit is limited to 36-months for families with minor children and pregnant women. OWF is available to families with at least one child under age 18, or age 19 if still in high school, and women who are at least six months pregnant. Once an application is submitted, a case worker from Cuyahoga County will be in touch to schedule your interviews and help guide you through the eligibility interview.

Must make at or below annually:

Family Size of 1 = \$39,100	Family Size of 5 = \$94,140
Family Size of 2 = \$52,860	Family Size of 6 = \$107,900
Family Size of 3 = \$66,620	Family Size of 7 = \$121,660
Family Size of 4 = \$80,380	Family Size of 8 = \$135,420

You may apply for [Ohio Works First online](#) by going to Ohio Benefits. Verification documentation includes social security card, Permanent Resident Card or proof of U.S. Citizenship, proof of income, most recent bank statements, proof of values of any stocks/bonds/certificates of deposits/life insurance policies/trust/annuities, proof of any child/dependent care costs, and proof of any child support paid for children not

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