


CHILD CARE AND PARENTING RESOURCES

ON-CAMPUS SUPPORT


CHILD CARE PROGRAMS




CWRU supports our working parents with several child care-related benefits and resources. We offer benefits to all eligible members of our campus community – including eligible faculty, staff, postdocs, and students. Learn more about the [Child Care Subsidy Program, Dependent Care Flexible Spending Account, Child Care Support During Travel, and Discounts at Local Child Care Facilities here](#).

LACTATION ROOMS

A lactation room is a dedicated private space to support breastfeeding parents. [A comprehensive list of lactation rooms can be found here](#).



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](#).

CWRU COMMUNITY PANTRY

Provides free resources such as diapers. Open during the academic semesters on Mondays, Thursdays, and Fridays from 4:30pm to 6:30pm. Located in Carlton Commons (11892 Carlton Road). Call 216.368.1633 or email communitypantry@case.edu to learn more. Check out the [CWRU Community Pantry website](#) for additional information. **Please note, the CWRU Community Pantry is open for Summer 2026 from May 28th to August 6th on Thursdays from 2pm to 4pm and Fridays from 12pm to 2pm. We are closed for all University holidays and closures.*



DEAN OF STUDENTS OFFICE



If you are in need of case management support to navigate child care resources or find clothing, diapers, or wipes for children, [submit a CARE Referral](#) to be connected to the Dean of Students Office.

OFF-CAMPUS SUPPORT

BRIGHT BEGINNINGS

Bright Beginnings works collaboratively to ensure that expectant families and families with young children have equitable access to high-quality child development and parenting support services that are individualized and parent-driven. To learn more about Parent Support, visit [Bright Beginnings website here](#), call 216.698.7500, or email info@brightbeginningskids.org.



CATHOLIC CHARITIES – BISHOP COSGROVE

From Tinkham Veale University Center: 15 min drive, 1 hr. 30min walk, 30 min transit
Baby formula requests may be made by mothers experiencing financial difficulties. Call 216.781.8262 for support. Located at 1736 Superior Ave Cleveland OH 44114. Offices are open Monday to Friday from 9:00am to 1:30pm.

CLOTH DIAPER ASSISTANCE

If you are a caregiver of a young child and are struggling to pay for single-use diapers, apply to the Cloth Diaper Assistance program. Newborns receive 20 cloth diaper changes, infants 15 changes, and potty-training toddlers 10 changes. These diapers are distributed as a loan and must be returned to the program. [To learn more and apply for the Cloth Diaper Assistance program, click here.](#)



CLEVELAND DEPARTMENT OF PUBLIC HEALTH – IMMUNIZATION SERVICES

The Cleveland Department of Public Health offers free vaccines for children from birth to age 18 and low-cost immunizations for adults. For more details for the Childhood Immunizations Clinic, call 216.664.2704 on Thursdays from 9:00am to 3:00pm.

CUYAHOGA COUNTY FATHERHOOD INITIATIVE

The Fatherhood Initiative provides fathers with access to services and programs designed to prepare them to better meet the emotional, psychological, and financial needs of their children. Contact the Fatherhood Initiative at Cuyahoga-fatherhood-initiative@jfs.ohio.gov or call 216.348.3967 for more information.

FAMILY CONNECTIONS

Family Connections provides early literacy, parenting support, and school readiness services to Greater Cleveland families. Family Connections offers many opportunities for families with children birth through five years of age to develop school readiness skills, learn to play with a purpose with their children, and find support. Learn more about [family programs here](#) or call 216.921.2023.



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.](#)



JOBS AND FAMILY SERVICES – PREVENTION, RETENTION, AND CONTINGENCY

If you have an emergency that is a one-time, short-term crisis, the Prevention, Retention, and Contingency program may be able to help. To qualify, you must be a US citizen or qualified alien; you must live with at least one minor child, be pregnant, or be the non-custodial parent of a child; your family’s income must be at or below 200% of the Federal Poverty Level; and you must have limited liquid assets. [To learn more about the Prevention, Retention, and Contingency program and to apply, click here.](#)



RAINBOW CAR SEAT DISTRIBUTION PROGRAM



UH Rainbow Babies and Children’s Hospital Injury Prevention Center offers low cost car seats through a virtual class for Cuyahoga County residents who are currently on government assistance. To apply and review program requirements for [UH Rainbow Car Seat Distribution program, click here.](#)

SLEEP IN HEAVENLY PEACE

Sleep in Heavenly Peace makes and delivers twin size beds as supplies and donations allow. To qualify as a bed recipient, you must be the legal guardian of the child or children ages 3-17 years old receiving the bed. You must have an accessible house or apartment with a room large enough to fit one of the beds. Apply for a [bed here.](#)



STARTING POINT



Starting Point connects families in Northeast Ohio to child care, education, and out-of-school time programming that best meets their individual needs. Whether you’re ready to sign up for child care or out of school time program, or looking to learn more about what child care is, Starting Point is available. Learn more on [Starting Point’s website.](#)

STEP FORWARD

Step Forward helps people meet immediate needs and grow long-term stability through early childhood education programs, community services, and home energy assistance programs. To contact Step Forward by phone, call 216.696.9077. For more information about Step Forward’s programs and services, visit [Step Forward’s website here.](#)



GOVERNMENT FINANCIAL RESOURCES

JOB AND FAMILY SERVICES – CHILD CARE ASSISTANCE

The Ohio Department of Children and Youth helps parents who are working or in school pay for child care through the Publicly Funded Child Care program. You may be required to pay for part of your child care in the form of a copayment. The amount you pay is based on your gross income and family size. You must be at or below 145% of federal poverty level for your family size when you first apply. You may apply online for the [Publicly Funded Child Care program here.](#)

Family Size	Monthly Income must be below (145% FPL)
2	\$2,470
3	\$3,120
4	\$3,900

5	\$4,574
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JOB AND FAMILY SERVICES – CHILD CARE CHOICE PROGRAM



The Child Care Choice Program supports families with paying for child care who are above the income threshold for the state’s Publicly Funded Child Care program but whose gross monthly income falls between 146% and 200% of the Federal Poverty Level. You can apply for the [Child Care Choice program here](#). Documents needed include details about your household, information about your income or pay stubs, where you work or go to school, name and address of your child care provider, and birth certificates for your children who need care.

Family Size	Monthly Income must be above (145% FPL)	Monthly Income must be below (200% FPL)
2	\$2,470	\$3,407
3	\$3,120	\$4,304
4	\$3,770	\$5,200
5	\$4,421	\$6,097
6	\$5,071	\$6,994
7	\$5,721	\$7,890
8	\$6,371	\$8,787

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:

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|----------------------------|----------------------------|
| 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 2 = \$52,860

Family Size of 3 = \$66,620

Family Size of 4 = \$80,380

Family Size of 5 = \$94,140

Family Size of 6 = \$107,900

Family Size of 7 = \$121,660

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 living with you.

