

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, conditions related 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

The Planned Parenthood of Greater Ohio Virtual Health Center provides care by phone or video only. Insurance is not required and certain prescriptions are available. Services include birth control, emergency contraception, gender-affirming care, HIV services, sexual and reproductive concerns, STD testing and treatment, vaccines, and wellness and preventative care. Book an appointment with the [Greater Ohio Virtual Health Center online here](#). In-person appointments are available at the pop-up clinic located in room 270 of the Student Resource Center at Cleveland State University. Services include HIV services, pregnancy testing and planning, STD testing and treatment, and wellness and preventative care.



CENTERING PREGNANCY – CLEVELAND CLINIC

From Tinkham Veale University Center: 9-min drive, 45-min walk, 18-min transit

CenteringPregnancy is a group-based approach to prenatal care by the Centering Healthcare Institute. It combines traditional pregnancy checkups with additional time and support in a group setting. You'll be part of a group of 8 to 10 expecting parents, led by a trained prenatal care provider. Each Centering session lasts between 90 minutes and two hours, and follows a regular prenatal schedule throughout your pregnancy. For more

Dean of Students Office

318 Thwing Student Center • Cleveland OH 44106 • 216.368.1527 • deanofstudents@case.edu

information, call 216.767.4242. Located at 13944 Euclid Ave East Cleveland, OH 44112 at the Cleveland Clinic Stephanie Tubbs Jones Health Center.

CENTERING PREGNANCY – UNIVERSITY HOSPITALS

From Tinkham Veale University Center: 11-min drive, 55-min walk, 18-min transit

Centering Pregnancy is a special way to get all your pregnancy care. You have group visits with other pregnant people like you. Centering gives you more time with your midwife than regular care, which lets you learn more and get your questions answered. Centering helps group members understand more about their pregnancy and birth. Enroll today by calling 440.569.6937. Located at UH Rainbow Babies & Children's Ahuja Center for Women and Children at 5805 Euclid Ave. Cleveland, OH 44103.

IMAGE CLEAR ULTRASOUND OF OHIO

Image Clear Ultrasound is a mobile medical unit that provides free pregnancy testing, prenatal ultrasounds, 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: 18-min drive, 1hr 50min walk, 37-min transit

Birthing Beautiful Communities seeks to educate, support, and empower expectant mothers at every stage of their pregnancy and postpartum transition. Four domains of services are offered to clients: labor support, life goal planning, childbirth and parenting, and support groups. Located at 2400 Orange Avenue #5147, Cleveland, OH 44101. Call 216.307.1538 or [create an account](#) to become a client.



HELP ME GROW

Help Me Grow is a system of supports for pregnant individuals, caregivers with new babies, and families with young children with developmental delays and disabilities. Services and supports are provided statewide through Home Visiting, Early Intervention, development screenings, and connections to community resources. Families and professionals who would like more information about these Help Me Grow programs and services should contact central Intake at 216.930.3322, hmgreferrals@helpmegrow.org, or by completing [the online Help Me Grow referral form](#).



MOTHER TO BABY

If you have a question or concern about an exposure during pregnancy or breastfeeding, contact MotherToBaby to speak with a specialist. Our experts provide consultation by phone, text, email, and live chat from Monday through Friday from 8am to 7pm ET. Our services are free to the public and can support women who are pregnant and/or breastfeeding. In addition to personalized and confidential information, we provide online resources addressing common exposure topics during pregnancy and breastfeeding. Contact MotherToBaby via phone at 866.626.6847, text at 855.999.3525, or via the [MotherToBaby website](#).



LAMAZE INTERNATIONAL

Lamaze aims to help you feel confident and supported as you make decisions throughout pregnancy, birth, and parenthood through hands-on learning, connecting with other parents, receiving personalized guidance, asking questions, and practicing essential techniques with hands-on support. Learn more about [Lamaze resources for parents here](#).



NATIONAL MATERNAL MENTAL HEALTH HOTLINE

Get help now. Call 1.833.852.6262 for 24/7 free confidential support for pregnant and new moms.

VITAMIN ANGELS

From Tinkham Veale University Center: 7-min drive, 16-min walk, 15-min transit

Walgreens and Vitamin Angels provide free prenatal multivitamins and nutrition education. Located at 10001 Chester Ave Suite B Cleveland OH 44106. It is recommended to call the Pharmacy directly at 216.416.7680 for specific details on accessing Vitamin Angels prenatal vitamins at this location.

PREGNANT WITH POSSIBILITIES

Pregnant with Possibilities Resource Center is a Cuyahoga County based nonprofit dedicated to transforming maternal and infant health outcomes through culturally responsive care, education, and advocacy. We support mothers and families with the tools, resources, and compassionate care they need to thrive before, during, and after pregnancy. Learn more about their services on the [Pregnant with Possibilities website here](#).



FIRST YEAR CLEVELAND

First Year Cleveland works in partnership with the community to identify and implement key strategies that support full-term pregnancies for communities of greatest need. Find their upcoming events in their newsletter and on their website.



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. The program improves pregnancy outcomes by providing or referring eligible women to support services necessary for full-term pregnancies; reduces infant mortality by reducing the incidence of low birth weight; and provides infants and children with a healthy start in life by improving poor or inadequate diets. 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, call 216.675.6605 to schedule an appointment with the University WIC Clinic in Cleveland located at 5805 Euclid Ave, Room 101, UH Rainbow Ctr for Women and Children. Please bring proof of income, proof of address, and identification to your appointment.

Dean of Students Office

318 Thwing Student Center • Cleveland OH 44106 • 216.368.1527 • deanofstudents@case.edu

Household size is everyone you live with and share income and expenses with. This includes children, people you aren't related to, students away at college, and military service members even if they are away on active duty. If someone in your household is pregnant, you may increase your household size by one for each expected birth. Total Household Income Must Be Below the Following Amounts.

Household Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$29,526	\$2,461	\$1,231	\$1,136	\$568
2	\$40,034	\$3,337	\$1,669	\$1,540	\$770
3	\$50,542	\$4,212	\$2,106	\$1,944	\$972
4	\$61,050	\$5,088	\$2,544	\$2,349	\$1,175
5	\$71,558	\$5,964	\$2,982	\$2,753	\$1,377
6	\$82,066	\$6,839	\$3,420	\$3,157	\$1,579
7	\$92,574	\$7,715	\$3,858	\$3,561	\$1,781
8	\$103,082	\$8,591	\$4,296	\$3,965	\$1,983
Add per family member	+\$10,508	+\$876	+\$438	+\$405	+\$203

CASH ASSISTANCE - OHIO WORKS FIRST TANF

Ohio Works First (OWF) provides time-limited cash assistance (36-month lifetime limit) to low-income families with children in Ohio, often requiring 20-35 hours/week of work activities. Generally, household income must be below 50% of the Federal Poverty Level to qualify, though some deductions and disregards apply. Residents can apply via the [Ohio Benefits portal](#). Verification documentation includes driver's license, state ID, or school ID; social security cards; pay stubs, tax records, or proof of job loss for the last 30 days; birth certificates, U.S. Passports, or alien registration cards; proof of address and members in the home; proof of child support paid and child care costs; verification if pregnant (6+ months) or proof of age for children under 18 (or 19 in high school).



Income Guidelines

Family Size	Max. Gross Monthly Income	Monthly Benefit Amount
1	\$653	\$372
2	\$882	\$507
3	\$1,111	\$623
4	\$1,340	\$768
5	\$1,569	\$899
6	\$1,798	\$1,000