

# Resource Guide

for Pregnant & Parenting Students



**Concordia University Wisconsin**

Resource Guide for Pregnant and Parenting Students

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This resource is a project of the *Pregnant on Campus Initiative*, a nationwide effort to unite school communities to better support pregnant and parenting students.

# Concordia University Wisconsin Resource Guide for Pregnant and Parenting Students

This Resource Guide has been compiled for you by:

## Concordia Students for Life

Concordia University Wisconsin is here to help you succeed in continuing your education by providing resources to address your unique situation as a pregnant and parenting student. CUW Students for Life is happy to assist you as you seek support for your parenting and student needs.

Please contact us at [cuwstudentsforlife@student.cuw.edu](mailto:cuwstudentsforlife@student.cuw.edu) for more information.

# **THE PREGNANT ON CAMPUS INITIATIVE**

## About the Initiative

The Pregnant on Campus Initiative is a program of Students for Life of America offered nationwide to student leaders on high school and college campuses. The initiative aims to dramatically increase resources and support for pregnant and parenting students by training student leaders in the most effective ways to advocate for their peers on campus. As a peer-driven campaign led by students for students, we hope to unite entire school communities to establish a welcoming, family friendly campus and to improve educational accessibility and attainment for pregnant and parenting students.

## Resources Online

At <https://www.standingwithyou.org>, you can find hundreds of national resources that support pregnant and parenting students' educational, pregnancy, parenting, and personal needs. The Initiative's online resources include (but are not limited to):

- 550+ campus resource pages
- 12+ educational pages, including information on pregnancy options, financing your education, tips for balancing school and family, childcare, reproductive health, etc.
- Information and handouts regarding pregnant or parenting students' legal rights and accommodations
- Tools for raising awareness on your campus and in your community
- Instructions and ideas to positively impact your school community and support your peers
- Other additional information and resources

# ABOUT OUR SCHOOL

## **Concordia University Wisconsin**

12800 N Lakeshore Dr.  
Mequon, WI 53097  
Private University  
LCMS Affiliation

## **Mission**

Concordia University Wisconsin is a Lutheran higher education community committed to helping students develop in mind, body, and spirit for service to Christ in the Church and the world.

## **Values**

Bound by the Biblical and Confessional teachings of The Lutheran Church – Missouri Synod the members of the Board of Regents, the members of the Concordia University Foundation Board, the President, and employees of the university shall act in a manner consistent with these core values.

Christ-Centered: We have faith in the redemptive work of Jesus Christ.

Truth & Integrity: We speak truth and display integrity in all our relationships.

Excellence: We expect excellence in all our endeavors to support CUW's mission.

Service: We serve others in caring, helpful, respectful, and knowledgeable ways.

## Contact Information

At Concordia University Wisconsin, there are many persons and offices available to address your personal, student, and academic needs. Depending on your need, you may wish to consider contacting the following:

### **Title IX Coordinator**

*Mr. Joseph Niswonger*

Office: S001A

Phone: (262) 243-4331

Email: [joseph.niswonger@cuw.edu](mailto:joseph.niswonger@cuw.edu)

### **Dean of Students**

Mr. Joseph Niswonger

Office: AL 107

Phone: (262) 243-4331

Email: [joseph.niswonger@cuw.edu](mailto:joseph.niswonger@cuw.edu)

### **University Health Center**

*Renee Gosselin*

Office: AL 113

Phone: (262) 243-4574

Email: [renee.gosselin@cuw.edu](mailto:renee.gosselin@cuw.edu)

### **Counseling Services**

To Schedule an Appointment

*Student Wellness Intake/Triage*

Phone: (262) 243-2244

Email: [studentwellness@cuw.edu](mailto:studentwellness@cuw.edu)

*Dave Enters- Director of Counseling*

Office: AL 111

Phone: (262) 243-4211

Email: [david.enters@cuw.edu](mailto:david.enters@cuw.edu)

### **Residence Life / Housing**



*Beckie Kruse- Director of Residence Life*

Office: AL 107

Phone: (262) 243-4443

Email: [rebecca.kruse@cuw.edu](mailto:rebecca.kruse@cuw.edu)

### **Office of Financial Aid**

Office: S 103

Phone: (262) 243-4569

Email: [finaid@cuw.edu](mailto:finaid@cuw.edu)

### **Office of Non-Traditional Students**

*Danya Sasada- Lead Director of Centers*

Phone: (262) 243-4239

Email: [danya.sasada@cuw.edu](mailto:danya.sasada@cuw.edu)

### **Academic Assistance**

*Janis Chapman-Director of ARC*

Office: LU 200

Phone: (262) 243- 4299

Email: [janis.capman@cuw.edu](mailto:janis.capman@cuw.edu)

### **Online Student Success Advisor**

*Susan Pipkorn*

Office: GO 202 (off campus)

Phone: (262) 243-4596

Email: [susan.pipkorn@cuw.edu](mailto:susan.pipkorn@cuw.edu)

### **Campus Police**

*Michael Stolte- Director of Campus Safety*

Office: R 023A

Phone: (262) 243- 4373

Email: [michael.stolte@cuw.edu](mailto:michael.stolte@cuw.edu)

### **Campus Ministry**

*Pastor Steve Smith- Campus Pastor*

Office: AL 108E

Phone: (262) 243-4389

Email: [steve.smith@cuw.edu](mailto:steve.smith@cuw.edu)

*Pastor Doug Bender- Assistant Campus Pastor*

Office: AL 108C

Phone: (262) 243-4532

Email: [douglas.bender@cuw.edu](mailto:douglas.bender@cuw.edu)

*Darcy Paape- Students for Life Advisor*

Office: RP 101B

Phone: (262) 243-2300

Email: [darcy.paape@cuw.edu](mailto:darcy.paape@cuw.edu)

# Policies Concerning Pregnant and Parenting Students

## School Policies

There are no written policies on pregnant students; however, all staff listed above are willing and able to help you. CUW Students for Life leaders are also willing to help in any way we can.

## Title IX

Our school is a Title IX abiding institution. Concordia has a policy on this topic which was passed by the Ad Council. See the Title IX Web site: <https://www.cuw.edu/about/offices/title-ix/pregnant-parenting.html>

### **For more information regarding pregnant and parenting students' rights on campus:**

We recommend that you see the examples of rights included in Title IX below. Title IX is a federal law that protects you from discrimination.

Some protections include:

- If a student misses class due to a necessary pregnancy-related medical absence, the school must allow the student to make up the missed work and provide the appropriate information to complete assignments.
- Pregnant students must be provided with any special services that are also provided to students with temporary disabilities (such as at-home tutoring).
- If a student becomes pregnant and chooses to stay in school, the school cannot use the student's pregnancy as a reason to terminate or reduce merit or need-based scholarships.
- A pregnant student cannot be removed from campus housing while she is pregnant. She is allowed to remain in her current housing assignment for the duration of her pregnancy (after which she may be asked to move to family-friendly housing off campus).

### **For student athletes:**

It is recommended that you review the NCAA's page entitled *Pregnant and Parenting Student-athletes* at <https://www.ncaa.org/about/resources/inclusion/pregnant-parenting-student-athletes>. It provides resources outlining the rights and protections that individuals have as pregnant or parenting student-athletes.

Some protections include:

- You cannot be harassed or discriminated against.
- You cannot be removed from your team to pregnancy or parental status.
- You cannot lose your financial aid due to pregnancy (if you choose to remain on the team).

- You may be allowed a red shirt season and granted a hardship waiver which allows for an extra season of competition in your sport.

# **RESOURCES ON CAMPUS**

## Class Options

### **Flexible Class Options**

Contact your academic advisor for flexible class options within your major.

### **Register for Classes**

To learn more about available classes and to register, please contact:

Registrar's Office: S 103

Hours: Monday - Thursday 8 am - 5:30 pm

Friday 8 am - 4 pm

(262) 243- 4345

[registrar@cuw.edu](mailto:registrar@cuw.edu)

### **Academic and Accessibility Support**

If you need additional classroom support, our school offers:

- Academic Tutors
- Note-taking Assistance
- Alternative Testing
- Alternative Format Text
- Elevator Access
- Scribe Services for Exams
- Other Additional Resources

Please visit the [Academic Resource Center](#) page on the CUW website or contact [Janis Chapman](#) for more information on academic support.

### **Academic Modifications for Classes**

Students with child caretaking/parenting responsibilities who wish to remain engaged in their coursework while adjusting their academic responsibilities because of the birth of a child may request an academic modification period. During the modification period, the student's academic requirements will be adjusted, and deadlines postponed as appropriate. Students seeking modified academic responsibilities should contact the Title IX Coordinator [Joseph Niswonger](#) to begin the request.

## DID YOU KNOW...



If you miss a test due to your pregnancy, your instructor must give you the opportunity to make up your exam.

### **Online Courses and Special Programs**

CUW offers online courses for select classes. Please contact the registrar's office, your advisor, or one of the contacts listed above for more information about your academic program.

Concordia Wisconsin offers a variety of programs to accommodate non-traditional students.

## Diaper Changing Stations

### **Available Changing Stations**

You can change your child's diaper in almost any public restroom located on campus.

## Lactation Rooms

### **State Policies**

In the state of Wisconsin, mothers are protected and accommodated under the following lactation policies:

Wis. Stat. § 944.17(3), § 944.20(2) and § 948.10(2)(b) (1995) provide that breastfeeding mothers are not in violation of criminal statutes of indecent or obscene exposure. (AB 154)

2009 Wis. Laws, Act 148 provides that a mother may breastfeed her child in any public or private location where the mother and child are otherwise authorized to be. The law specifies that in such a location, no person may prohibit a mother from breastfeeding her child, direct a mother to move to a different location to breastfeed her child, direct a mother to cover her child or breast while breastfeeding, or otherwise restrict a mother from breastfeeding her child. (2009 AB 57)

### **Lactation Support on Campus**

Lactation rooms are private places designated for women who are nursing their infants and/or pumping breast milk. You can find a private, comfortable place to nurse your baby in the room attached to the women's restroom below the Chapel.

You can access these facilities by contacting the *Student Health Center* or *Student Life Office* for card swipe access.

These locations are equipped with the following items:

- Lockable door

- Comfortable seating
- Electrical outlets
- Refrigerator for storing milk



**Lactation Room**

# MEDICAL CARE

## On Campus Health Care

### **Student Health Center**

AL 113

(262) 243-4574

Hours: Monday-Friday 9 am - 4 pm

Concordia University Wisconsin's Student Health Center strives to work in partnership with students to meet their health needs while on campus. The Student Health Center is a convenient, efficient, confidential, and affordable clinic right on campus. It is staffed by nurses, nurse practitioners, and physician assistants. Appointments are encouraged; walk-ins are welcome and will be seen when available.

The Student Health Center does not offer comprehensive pregnancy care but can refer women to local OB-GYNs. Women's services that the Student Health Center provides are lab testing to confirm pregnancy, lab testing to screen for STIs, well-woman exams with pap test, education & counseling regarding women's health, and referral to area women's health care providers.

## Federally Qualified Health Centers

Federally qualified health centers (FQHCs) are community-based organizations that provide comprehensive primary care and preventive care (e.g. oral care, women's health, and mental health/substance abuse services). Services are provided to persons of all ages, regardless of their ability to pay or health insurance status.

Find a FQHC near you at [www.GetYourCare.org](http://www.GetYourCare.org) or <https://findahealthcenter.hrsa.gov>

A comprehensive list of FQHCs in Wisconsin can be found here:

<https://www.dhs.wisconsin.gov/forwardhealth/fqhc.pdf>

### **Progressive Community Health Center**

<https://progressivechc.org/>

3522 W. Lisbon Avenue

Milwaukee, WI 53208

(414) 935-8000

Hours: Monday - Thursday 8 am - 6 pm



Friday: 8 am – 5 pm

Services: Family Medicine, Internal Medicine, Pediatrics, Women’s Health (OB/GYN, including gynecological services, annual exams, pregnancy testing, family planning services (birth control), breast health screenings, STD treatment and menopausal care), Integrated Behavioral Health, Diagnostic Radiology & Mammography, Dental, and Financial Counseling/Benefits Enrollment.

### **Outreach Community Health Centers**

<http://www.ochc-milw.org/>

210 West Capitol Drive

Milwaukee, WI 53212

(414) 727-6320

Medical Clinic Hours: Monday - Friday 8:30 am - 4:30 pm

Behavioral Health Clinic: Monday - Friday 8:30 am - 2:30 pm

Services: Primary Care including Women’s Health (pre-natal and obstetric care, clinical breast exams and cervical cancer screening, contraceptive care, STD treatment), Child Health Care Coordination, Pediatric Care, and Adult and Family Primary Care Services; Dental Care; Pharmacy; and more.

### **Sixteenth Street Health Center**

<https://sschc.org/>

1032 S. Cesar E. Chavez Drive

Milwaukee, WI 53204

(414) 672-1353

Hours: Monday - Friday 8 am - 5 pm

Services: Pregnancy care including pregnancy tests, prenatal classes, opportunities to earn baby supplies, and a partnership with Columbia St. Mary’s for delivery; pediatric and dental care.

Parenting resource center that provides parenting classes and other services. For more information on services and locations, call or visit the website above.

### **Milwaukee Health Services, Inc.**

<https://mhsi.org/>

2555 N. Dr. Martin L. King Junior Dr

Milwaukee, WI 53212

(414) 372-8080

Hours: Monday - Friday 7:30 am - 7:30 pm

Services: Family Medicine, Women’s Health (prenatal, postpartum, gynecologic care, STI treatment, counseling and family consultations), Ancillary Services, Dental Care, Pediatric Care, Podiatry, WIC Program, and more.

**Isaac Coggs Heritage Health Center**

<https://mhsi.org/>

8200 W Silver Spring Drive

Milwaukee, WI 53218

(414) 760-3900

Hours: Monday 7:30 am - 7:30 pm

Tuesday - Friday 7:30 am - 5:30 pm

Services: See above description for Milwaukee Health Services.

## OBGYN Services

If you are unsure of where to find an OBGYN for your women’s and prenatal services, we recommend the pro-life OBGYNs associated with AAPLOG:

**American Association of Pro-Life Obstetricians and Gynecologists**

On the AAPLOG website <https://aaplog.org>, the physician directory is available to assist those who wish to locate a pro-life physician. Below are listed pro-life OBGYNs in Mequon and the surrounding area. To look for doctors in another area of the state or country, search the AAPLOG’s directory found at <https://aaplog.org/pro-life-directory/> or call a pregnancy resource center in that area.

**Benjamin Beran, MD**

Froedtert Hospital Department of  
Obstetrics & Gynecology  
9200 West Wisconsin Avenue  
Milwaukee, Wisconsin 53226  
(414) 805-6609

**Roseann Gumina, MD**

Froedtert Calhoun Health Center  
1905 N. Calhoun Road  
Brookfield, WI 53005  
(262) 754-8000

**James Linn, MD**

Ascension Columbia St. Mary’s

**Amy Tamburrino, MD**

Ascension Medical Group  
3040 North 117th St #200  
Wauwatosa, WI 53222  
(414) 778-0070

**Matthew Lee, MD**

Ascension Medical Group  
3040 North 117th St #200  
Wauwatosa, WI 53222  
(414) 778-0070

**Dave Merrill, MD, PhD**

2720 Plaza Drive, Suite 2100

2311 North Prospect Ave.  
Milwaukee, Wisconsin 53211  
(414) 319-3204

Wausau, Wisconsin 54401  
(715) 847-2475

## Other Medical Resources

**Please note:** The *Pregnant on Campus Initiative* is pro-life and pro-woman program facilitated through *Students for Life of America*. As a life-affirming organization, *Students for Life of America* will not recommend or refer to Planned Parenthood or any other abortion provider. We encourage student groups and schools to find alternative solutions (such as federally qualified health centers) that provide holistic, comprehensive services for women and families.

### STI Testing

STI testing and/or treatment is provided at the following locations:

#### Northwest Health Center

7630 W Mill Rd.  
Milwaukee, WI 53218  
(414) 286-8830

Hours: Thursday 12 pm - 4 pm

Northwest Health Center partners with Diverse and Resilient to provide free STI and HIV testing.

#### Holton Street Clinic

3251 N Holton St  
Milwaukee, WI 53212  
(414) 264-8800

Hours: Monday 8:30 am - 4:30 pm

Tuesday 8:30 am - 4:30 pm

Wednesday 8:30 am - 3:00 pm

Thursday 8:30 am - 4:30pm

Friday & Saturday: call for schedule

Holton Street Clinic provides free screening for HIV and syphilis, Hepatitis B and HPV vaccinations, and Hepatitis C screening, as well as low-cost comprehensive STI testing.

#### Walgreens Pharmacy

A Walgreens pharmacy can perform free finger prick HIV testing with no appointment or insurance necessary. Call your preferred location to confirm that they can perform this service.

**FQHCs** often provide free STI testing as well. Check into the health centers listed above in the Federally Qualified Health Center section to learn about testing there.

**Need a Ride? Non-Emergency Medical Transportation**

<https://www.dhs.wisconsin.gov/nemt/index.htm>

If you do not have a way to get to your medical appointment, or you have a car and are able to drive yourself but cannot afford to pay for gas, you can get a ride, bus tickets, or money for gas.

For more resources, including pregnancy tests and ultrasounds, see section listing local pregnancy resource centers.

# HOUSING RESOURCES

## University Housing

### **University Housing Options**

At Concordia University Wisconsin, women are allowed to live on campus while pregnant; however, once the child is born the family will need to find alternative housing. Residence Life will share available information about alternative housing in the area.

## Local Housing

### **A Place of Refuge**

<https://www.aplaceofrefuge.org/services>

The Refuge House is a temporary home where women can live in at any time during their pregnancy and up to six months after their child is born.

Application for housing: <https://www.aplaceofrefuge.org/housing-agreement>

### **Mercy Housing**

<https://www.mercyhousing.org/find-housing/faq/>

Mercy Housing is an affordable housing organization. They partner with local apartment rental agencies to offer living spaces at lower rent, including these in the Milwaukee area:

#### **Greenwich Park**

2353 N. Farwell Ave  
Milwaukee, WI, 52311  
(414) 316-6247

#### **St. Catherine Residence**

1032 East Knapp Street  
Milwaukee, WI, 53202  
(414) 272-8470

#### **McAuley Apts**

1018 E. Knapp Street  
Milwaukee, WI, 53202  
(414) 224-6414

### **United Methodist Children's Services:**

UMSC has housing units available for low-income families at a low rent cost. They provide other services for residents such as crisis intervention & mental health monitoring, community building activities & classes, mediation & conflict resolution, and other important family services that help support the wellbeing of families.

Team Property Management

(414) 273-8326

<http://umcs-wi.org/services>

For additional housing resources across the country, check into these sites:

- **CoAbode:** <http://www.co-abode.com>
- **Maternity Homes:** <http://www.hiddenchoices.org/>
- **Transitional Living Homes**
- **Mercy Housing:** <https://www.mercyhousing.org>
- **Bridge of Hope National:** <http://www.bridgeofhopeinc.org/>
- **Catholic Charities USA:** <http://www.catholiccharitiesusa.org/>

## Rental Assistance

**Temporary Assistance for Needy Families:** <https://www.benefits.gov/benefit/613> The Temporary Assistance for Needy Families (TANF) program provides grant funds to states and territories to provide families with financial assistance and related support services. State-administered programs may include childcare assistance, job preparation, and work assistance.

### **U.S. Department of Housing and Urban Development**

[https://www.hud.gov/topics/rental\\_assistance](https://www.hud.gov/topics/rental_assistance)

*Housing Choice Voucher Program:*

[https://www.benefits.gov/benefit/710?\\_ga=2.118229897.1807170744.1572817189-1511860019.1572817189#Eligibility\\_Checker](https://www.benefits.gov/benefit/710?_ga=2.118229897.1807170744.1572817189-1511860019.1572817189#Eligibility_Checker) The housing choice voucher program provides assistance to very low-income families to afford decent, safe, and sanitary housing. Housing can include single-family homes, townhouses and apartments and is not limited to units located in subsidized housing projects. Housing choice vouchers are administered locally by Public Housing Agencies (PHAs). A family that is issued a housing voucher is responsible for finding a suitable housing unit of the family's choice where the owner agrees to rent under the program. A housing subsidy is paid to the landlord directly by the PHA on behalf of the participating family. The family then pays the difference between the actual rent charged by the landlord and the amount subsidized by the program.

HUD Resource Locator: Map that shows multifamily houses and Low Income Housing in your area: <https://resources.hud.gov/#>

Public Housing: [https://www.hud.gov/program\\_offices/public\\_indian\\_housing/pha/contacts](https://www.hud.gov/program_offices/public_indian_housing/pha/contacts)

**Kenosha Public Housing Agency (PHA)**

**Contact:**

[info@kenoshahud.com](mailto:info@kenoshahud.com)

(262) 653-4120

**Milwaukee PHA Contact:**

(414) 286-5678

**Racine County PHA Contact:**

(262) 636-3405

**Sheboygan PHA Contact:**

[joe.rupnik@sheboyganha.com](mailto:joe.rupnik@sheboyganha.com)(920)

459-3466

**Waukesha PHA Contact:**

(262) 542-2262

**Loving And Developing Yourself Transitional Living Services, Inc.**

[https://www.transitionalhousing.org/li/loving\\_and\\_developing\\_yourself\\_transitional\\_living\\_services\\_inc.53211](https://www.transitionalhousing.org/li/loving_and_developing_yourself_transitional_living_services_inc.53211)

The Loving And Developing Yourself Transitional Living Services, Inc (L.A.D. Y. Inc) is a Milwaukee-based nonprofit organization whose core mission is to provide aid and resources to independence for at risk adolescent mothers and their dependents by providing transitional living services, parental guidance, and child care assistance.

Po Box 11851

Milwaukee, WI - 53211

(414) 378-9375

# CLOTHING AND MATERIAL AID

## Maternity Clothes and Baby Items

Being a parent and a student is tough on the bills! Finding places and people to help support your family's material needs will help ease that burden. For material assistance (such as maternity clothes, baby items, etc), please contact the following organizations:

### **OptionLine**

[www.OptionLine.org](http://www.OptionLine.org) or (800) HELPLINE

### **Hope Network for Single Mothers**

<https://www.hopenetworkinc.org/programs/cribs-layettes/>

P.O. Box 531

Menomonee Falls, WI 53052-0531

(262) 251-7333

[info@hopenetworkinc.org](mailto:info@hopenetworkinc.org)

### **Alpha Women's Center**

<https://www.alphawomensmke.com/>

4820 W Lisbon Avenue

Milwaukee WI 53210

(414) 445-2273

Hours: Monday-Friday 9 am - 3:30pm

Services: Learn and Earn Bible Study Program, Guidance, Free Pregnancy Tests

### **Seed of Hope Center**

<https://www.seedofhopecenter.org>

206 North 6th Ave.

West Bend WI 53095

(262) 338-1205

[info@seedofhopecenter.org](mailto:info@seedofhopecenter.org)

Hours: Monday 9 am- 4 pm

Tuesday 9 am- 4 pm

Thursday 9 am- 7 pm

Services: Earn While You Learn (Infant/toddler supplies), Miscarriage/Infant Loss, Keys to Freedom (Emotional Trauma Support), Abortion Recovery, Pregnancy Coaching



**APS Medical**

[www.apsmke.com](http://www.apsmke.com)

8501 West Lincoln Avenue

West Allis, WI 53227

(414) 727-8177

Text INFO to: (414) 465-2246

[help@apsmke.com](mailto:help@apsmke.com)

Hours: Monday 1 pm - 4 pm

Tuesday 9 am - 3 pm

Wednesday 1 pm - 5 pm

Thursday 10 am - 4 pm

Services: Pregnancy Coaching, Free Ultrasound, Free Parenting Classes (Earn Baby Bucks to buy baby items), Adoption Referral

**Women's Support Center of Milwaukee, Inc.**

[wscmil.org](http://wscmil.org)

2051 W. Wisconsin Ave

Milwaukee, WI 53233

Hours: Monday - Wednesday 10 am - 5 pm

Thursday: 10 am - 3 pm

Friday-Sunday: Closed

(414) 934-8888

[wsc1212@att.net](mailto:wsc1212@att.net)

Women's Support Center of Milwaukee offers free and confidential pregnancy testing, pregnancy verification, ultrasounds, pre- or post-abortion counsel, Natural Family Planning (a natural method to avoid or achieve pregnancy) education, educational materials, classes and support sessions, baby supplies, and medical and community referrals.

**Local Churches and Religious Communities**

Local churches often have outreaches and ministries that serve their community. Contact your local church to see if they have any help to offer.

**A Place of Refuge**

(414) 476-6333

Refuge House is a safe place that provides a loving, nurturing environment for women and their children. Our Advocates encourage women to make the positive changes in their lives that will offer opportunity, direction and hope for their futures. A Place of Refuge Ministries of South

Wisconsin is a non-profit corporation and a Recognized Service Organization of the Lutheran Church-Missouri Synod.

**United Methodist Children’s Services:**

<http://umcs-wi.org/services>

United Methodist Family Resource Center focuses on helping families with a number of resources including emergency food bank, clothing bank, hygiene products, and other resources. They provide other services for residents such as crisis intervention & mental health monitoring, community building activities & classes, mediation & conflict resolution, and other important family services that help support the wellbeing of families.

*Family Resource Center*

3940 West Lisbon Ave  
Milwaukee, WI 53208  
(414) 344-1818

## Low-Cost Items

**Just Between Friends**

Just Between Friends is a pop-up consignment shop that helps provide children’s clothes at an affordable price. To locate a local Just Between Friends event near you, go to [www.jbfsale.com](http://www.jbfsale.com).

**Blessed Again Resale**

Blessed Again Resale provides low-cost merchandise for our mothers and the community as well as opportunities for our mothers to obtain work experience and many volunteer opportunities. Proceeds help support A Place of Refuge Ministries. For more information, go to <https://www.aplaceofrefuge.org/blessed-again-resale>

7624 W. Hampton Avenue  
Milwaukee, WI 53218  
(414) 464-9099

**Goodwill**

Goodwill and other thrift stores offer low priced items. You can find clothing, houseware, and other miscellaneous supplies. To locate a Goodwill store near you, go to <http://www.goodwill.org/locator/>.

1715 Wisconsin Avenue  
Grafton, WI 53024

W178 N9315 Watertower Place

Menomonee Falls, WI 53051

9305 N. Green Bay Road  
Brown Deer, WI 53209

### **Craig's List**

<http://www.craigslist.org/>

Search Craig's List for inexpensive and free items. With new listings every day, you may easily find that crib that you cannot afford or even a stroller for free. Car seats, bouncers, clothes, and more are just a click away. Search the "Baby+Kid" or the "Free" section to find those items that you may need most. You can also find Garage Sales in your area! (\*For safety reasons, we recommend asking a friend to join you when picking up items.)

### **Facebook Marketplace**

<https://www.facebook.com/marketplace/>

Check out Facebook Marketplace for inexpensive items. Search keywords or phrases to find baby items you may need. You can also find Garage Sales in your area! (\*For safety reasons, we recommend asking a friend to join you when picking up items.)

## ASSISTANCE WITH FOOD

If you are struggling to secure food for you and your family, there are programs in our community that can assist you.

### Local Food Banks

#### **Feeding Your Family**

It's okay to accept help. If you need assistance feeding your family, call 211 to find the pantry nearest your location or consider reaching out to these local programs:

#### **Ozaukee County Food Banks:**

##### **Family Sharing**

<https://www.familysharingozaukee.org/>

1002 Overland Court

Grafton, WI 53024

(262) 377-0634

Hours: Tuesday - Saturday 10 am - 4 pm

##### **The Food Pantry, Inc.**

<https://thefoodpantryinc.com/>

1800 N. Wisconsin St.

Port Washington, WI 53074

(262) 284-1148

Hours: Tuesday 10 am - 12 pm, 4-6 pm

##### **Parkside Community Food Pantry**

<http://saukvillefoodpantry.org/>

Parkside Community United Church of Christ

166 W Dekora Street

Saukville, WI 53080

(262) 689-8591

Hours: See website or call for specific days and times.

#### **Washington County Food Banks:**

##### **Full Shelf Food Pantry, Inc.**

<https://www.fullshelffoodpantry.org/>

231 Municipal Dr.

West Bend, WI 53095

(262) 335-0685

Hours: Monday - Friday 4:15 pm - 5:30 pm

##### **Hartford Food Pantry**

24 N Johnson St.

Hartford, WI 53027

(262) 673-5747

Hours: Monday - Friday 7:30 am - 4:30 pm

**Interfaith Caregivers of Washington County**

[www.interfaithwashco.org](http://www.interfaithwashco.org)

2374A W Washington St.

West Bend, WI 53095

(262) 365-0902

Hours: Monday – Friday 9 am - 1 pm

**Slinger Community Food Bank**

321 E Washington St

Slinger, WI 53086

(262) 644-0507

Hours: Monday 10 am - 12 pm

Wednesday 3 pm - 5 pm

**Waukesha County Food Banks:**

**Abundant Life Food Pantry**

995 South Sawyer Rd.

Oconomowoc, WI 53066

(262) 965-5177

**Falls Area Food Pantry**

[www.fallsfoodpantry.org](http://www.fallsfoodpantry.org)

N85W15382 Menomonee River Pkwy

Menomonee Falls, WI 53051

(262) 251-6848

Hours: Tuesday & Thursday 12 pm - 2 pm,

5 pm - 7 pm

**Food Pantry of Waukesha County**

[www.waukeshafoodpantry.org](http://www.waukeshafoodpantry.org)

1301 Sentry Dr.

Waukesha, WI 53186

(262) 542-5300

Hours: Monday - Friday 1 pm - 3 pm

Monday (in addition to 1 – 3 pm)

6 pm - 8 pm

Saturday 9:30 am - 11:30 am

**Hartland Food Pantry**

555 S Industrial Dr.

Hartland, WI 53029

(262) 367-6373

Hours: Wednesday 1:30 pm - 3 pm

Saturday 10 am - 11:00 am

**The Hope Center**

[www.Hopecenterwi.org](http://www.Hopecenterwi.org)

502 N East Ave.

Waukesha, WI 53186

(262) 549-8726

Hours: Monday - Friday 8 am – 6:15 pm

Saturday 11 am – 1 pm

**New Berlin Food Pantry**

14750 W Cleveland Ave.

New Berlin, WI 53151

(262) 789-8040

Hours: Wednesday 12 pm - 5:15 pm

**Pewaukee Food Pantry**

**The Salvation Army, Waukesha**

[www.pewaukeefoodpantry.com](http://www.pewaukeefoodpantry.com)

642 Main St.

Pewaukee, WI 53072

(262) 893-8241

Hours: Wednesday & Saturday 10 - 11 am

[www.waukeshasalvationarmy.org](http://www.waukeshasalvationarmy.org)

445 Madison St.

Waukesha, WI 53188

(262) 547-7367

Hours: Monday- Friday 8 am-12 pm, 1-4:30 pm

Saturday 4-6 pm

Sunday 9:15 am-12:15 pm

**Sussex Food Pantry**

N64W23760 Main St.

Sussex, WI 53089

(262) 246-9860

Hours: Monday 10 am-12 pm, 5:30-7 pm

Tuesday 10 am-12 pm

Wednesday 10 am-12 pm, 1-2:30 pm

Thursday-Saturday 10 am - 12 pm

**Milwaukee County Food Banks:**

**Friedens Food Pantry/Friedens Community Ministries**

<https://friedenspantry.org/>

1220 W Vliet St.

Milwaukee, WI 53205

(414) 289-6030

Hours: Monday and Friday 9:00 am – 12 pm

Wednesday 10 am-1 pm

If closed, call 2-1-1 for another pantry location.

**Despenza De La Paz Food Pantry/Friedens Community Ministries**

<https://friedenspantry.org/get-food#despenza-de-la-paz>

1615 S 22nd St.

Milwaukee, WI 53204

(414) 289-6030

Hours: Saturday 10 am - 12 pm

**Feeding America Eastern Wisconsin**

<https://feedingamericawi.org>

1700 W Fond Du Lac Ave.

Milwaukee, WI 53205

(414) 931-7400

Hours: Monday - Thursday 8 am - 4 pm

Friday 8 am-3 pm

**Good Samaritan Outreach Center**

5924 W Burnham St.  
Milwaukee, WI 53219  
(414) 541-7668  
Hours: Wednesday-Thursday 10:30 am-12:30 pm

**House of Peace/ St. Ben's Community Meal**

<https://www.capuchincommunityservices.org/services-provided/food>  
930 W. State St.  
Milwaukee, WI 53233  
(414) 271-0135  
Hours: Sunday-Thursday 5:15 pm- 6:30 pm  
Friday 1 pm-4 pm

**Interchange**

[www.interchangefoodpantry.org](http://www.interchangefoodpantry.org)  
130 E. Juneau Ave.  
Milwaukee, WI 53202  
(414) 276-4108  
Hours: Tuesday 2pm-4 pm  
Wednesday 4 pm- 6 pm  
Thursday and Saturday 9:30 am-11:30 am

**Milwaukee Christian Center**

[www.mccwi.org](http://www.mccwi.org)  
807 S 14th St.  
Milwaukee, WI 53204  
(414) 645-5350  
Hours: Monday-Thursday 1 pm- 3 pm

**Project Concern of Cudahy/St. Francis**

[www.Projectconcerncudahy.org](http://www.Projectconcerncudahy.org)  
3658 E. Plankinton Ave.  
Cudahy, WI 53110  
(414) 744-0645

**Hope House/ Friedens Community Ministries**

<https://friedenspantry.org/get-food/>  
209 W Orchard St.  
Milwaukee, WI 53204  
(414) 645-2122  
Tuesday-Thursday 12:30 pm-2:30 pm  
Saturday 10 am- 12 pm

**Hunger Task Force of Milwaukee**

[www.hungertaskforce.org](http://www.hungertaskforce.org)  
201 S Hawley Ct.  
Milwaukee, WI 53214  
(414) 777-0483  
Hours: Monday - Friday 8:30 am - 5 pm

**Jewish Community Pantry**

<https://www.jccmilwaukee.org/programs/community-community-pantry/>  
2900 W Center St.  
Milwaukee, WI 53210  
(414) 252-2241  
Hours: Thursday 9 am – 12 pm

**Mount Vernon Family Community Center**

2345 N 18th St.  
Milwaukee, WI 53206  
(414) 264-4430  
Hours: Monday - Friday 6 am - 6 pm

**Riverwest Food Pantry**

[www.riverwestfoodpantry.org](http://www.riverwestfoodpantry.org)  
924 E. Clarke St.  
Milwaukee, WI 53212  
(in St. Casimir back parking lot)

Hours: Monday 9 am - 12 pm, 3 pm - 6 pm  
Wednesday 9 am - 12 pm  
Friday 9 am - 12 pm  
Saturday 9 am - 11 am (1<sup>st</sup> Saturday of each month)

(414) 301-1478  
Hours: Saturday 8:30 am - 10:30 am  
Tuesday 4 pm - 6 pm

### **South Milwaukee Human Concerns**

[www.smhumanconcerns.org](http://www.smhumanconcerns.org)

1029 Milwaukee Ave.

South Milwaukee, WI 53172

(414) 764-5340

Hours: Monday 12 pm - 3 pm  
Wednesday 4 pm - 6 pm  
Friday 9 am - 12 pm

### **UMOS Inc. Food Pantry**

<https://www.foodbanks.net/organization/1767/umos-pantry-and-food-bank/>

2701 S Chase Ave.

Milwaukee, WI 53207

(414) 389-6300

Hours: Monday-Friday: 8 am - 5 pm

### **National Food Support Programs**

For more help and information about food assistance, you can contact these national programs:

- **Project Bread:** Project Bread works to improve access to nutritious food for children and families. Their Food Source Hotline is 1-800-645-8333 and their comprehensive Food Resource Guide can be found on their website, [www.projectbread.org](http://www.projectbread.org)
- **Food Pantries.org:** FoodPantries.org provides a full list of local food pantries. This list can be found at <http://www.foodpantries.org/>
- **Feeding America:** Feeding America is committed to helping end the fight against hunger. Find your local food bank using Feeding America's helpful food bank locator: <https://www.feedingamerica.org/find-your-local-foodbank>

## Food Assistance Programs

### **Women, Infants, and Children (WIC)**

<https://www.fns.usda.gov/wic>

The purpose of WIC is to ensure that women and their children are eating nutritious foods that their body needs. WIC provides eligible applicants with checks to purchase designated healthy foods from local grocery stores. They also provide help with breastfeeding including free breast pumps and formula. To find a list of all WIC sites in Wisconsin, visit:

<https://www.dhs.wisconsin.gov/wic/local-projects.htm>

A few of the WIC sites nearest to campus are:

**Aurora WIC Program**

**MLK-Heritage Health Center WIC**



1218 West Kilbourn Ave, Suite 207  
Milwaukee, WI 53233  
(414) 219-3210

2555 North Dr. Martin Luther King Jr. Drive  
Milwaukee, WI 53212  
(414) 372-9029

**City of Milwaukee WIC - Northwest Health Center**

7630 West Mill Road  
Milwaukee, WI 53218  
(414) 286-8820

**Washington Ozaukee Public Health Department**

121 W. Main St. #220  
Port Washington, WI 53074  
(262) 284-8170

**Wee Care WIC Teutonia**

3882 North Teutonia Ave. #2  
Milwaukee, WI 53206  
(414) 449-8460

**Supplemental Nutrition Assistance Program (SNAP) *\*formerly known as Food Stamps***

If eligible, the SNAP program will help pay your grocery bill so that you and your child can eat well while you attend school.

- Eligibility for Students
  - Must be a single parent who has a child under age of 6 in the home
  - The applicant may not have over 2,000 in cash or bank account assets. Student loans do not count as assets.
- Applications can be completed online at <https://access.wisconsin.gov/access/> or in person at one of the following locations:

**Ozaukee County Human Services**

121 W. Main St. PO Box 994  
Port Washington, WI 53074-099  
(262) 238-8130  
Hours: Monday-Friday 8 am - 4:30 pm

**DHS Milwaukee Enrollment Services (MiES)**

1220 W. Vliet St.  
Milwaukee, WI 53205  
(888) 947-6583  
Hours: Monday- Wednesday and Friday 8 am-4 pm, Thursday 8 am-12 pm

## CHILD CARE

The number one stressor for most student parents is finding affordable childcare providers that they can trust. We hope that the following national and local resources help you meet that need.

### National Resources

If you qualify as a “low-income family”

#### **Early Head Start**

Early Head Start is a child development program for low-income families. Each Early Head Start program is responsible for determining its' own eligibility criteria. Family income is one key factor in determining eligibility. The **federal poverty guidelines** (<http://aspe.hhs.gov/poverty/>) are used to evaluate family income. Early Head Start programs may elect to target their services to a particular population to best meet the unique needs of families and children in their community.

#### **Greentree**

3744 W Green Tree Rd  
Milwaukee, WI 53209 – 3110  
(414) 228-8250

*Register at:*

500 7th Ave 8th Floor  
New York, NY 10018 - 4502  
(212) 289-2402

#### **Teutonia**

5719 N Teutonia Ave  
Milwaukee, WI 53209 – 4131  
[\(414\) 226-5594](tel:4142265594)

*Register at:*

500 7th Ave 8th Floor  
New York, NY 10018 - 4502  
(212) 289-2402

#### **Eternal Learning**

7901 N 66th St  
Milwaukee, WI 53223 – 4158  
[\(414\) 716-5294](tel:4147165294)

*Register at:*

500 7th Ave 8th Floor

New York, NY 10018 - 4502  
(212) 289-2402

### **Head Start**

The Head Start Program, administered by the U.S. Department of Health and Human Services (HHS), provides grants to local private, nonprofit and public agencies to provide childcare services to low-income families. Local Head Start programs are authorized to accept a certain percentage of children whose family incomes are above the poverty level and, under certain conditions, pregnant women.

#### **Hawthorne**

6945 N 41st St  
Milwaukee, WI 53209 – 2204  
(414) 247-7200  
*Register at:*  
5225 W Vliet St  
Milwaukee, WI 53208 - 2627  
(414) 252-0350

#### **Marvin Pratt**

5131 N Green Bay Ave  
Milwaukee, WI 53209 – 5753  
(414) 247-7300  
*Register at:*  
5225 W Vliet St  
Milwaukee, WI 53208 - 2627  
(414) 252-0350

#### **Thurston Woods Campus**

5966 N 35th St  
Milwaukee, WI 53209 – 4055  
(414) 393-2800  
*Register at:*  
5225 W Vliet St  
Milwaukee, WI 53208 - 2627  
(414) 252-0350

### **Child Care and Development Fund**

The Child Care and Development Fund, a program of the U.S. Department of Health and Human Services, provides childcare grants each year to state, tribal, and U.S. territory governments to assist low-income families. The program uses vouchers and provider contracts to provide subsidized childcare to eligible families, which include parents and the primary caregivers of

children 12 years of age and under, or disabled persons under 19 years of age. Eligible applicants are employed, enrolled in a job training or education program, or are under court supervision directives that require childcare. HHS provides state and tribal contacts on its Web site. Local departments of social services can also provide information about the program. Please contact the Division of Early Care and Education for more information.

**Division of Early Care and Education  
Wisconsin Department of Children and Families**

<https://dcf.wisconsin.gov/>

P.O. Box 8916

Madison, WI 53708

General phone: 608-422-6002

[erin.arangoescalante@wisconsin.gov](mailto:erin.arangoescalante@wisconsin.gov)

## University Child Care Programs

### Child Care on Campus

Childcare programs are not available on campus as of 2021.

## Other Tips for Affordable Childcare

### Local Child Care Programs

For other local child care center check out: [https://childcarecenter.us/county/ozaukee\\_wi](https://childcarecenter.us/county/ozaukee_wi)

#### Crossroads Christian Preschool

<https://www.crossroadspres.org/>

6031 W Chapel Hill Rd

Mequon, WI 53097

(262) 242-1670

#### Maple Leaf Academy

<https://www.mapleleafjeff.org>

1621 2nd Ave

Grafton, WI 53024

(262) 853-4001

#### North Shore Preschool And Child Care

<https://www.northshorepreschool.com/>

10406 N Cedarburg Rd

Mequon, WI 53092

(262) 242-3478

#### Kids Rule Academy

<http://kidsruleacademy.com/>

2909 W Mequon Rd

Mequon, WI 53092

(262) 242-5500

#### MorningStar Montessori Academy

<http://www.morningstarmontessori.org/>

W63 N131 Washington Ave.

Cedarburg, WI 53012

(262) 573-3200

#### Range Line Preschool & Child Care

<http://just4funplayland.com/1.html>

11040 N Range Line Rd Ste B,

Mequon, WI 53092

(262) 242-4453

**River Club Day Camp**

<https://www.kecamps.com/>

12400 N Ville Du Parc Dr

Mequon, WI 53092

(877) 671-2267

**Sonlight Child Development Center**

<https://www.ymcamke.org/locations/sonlight-ymca-early-childhood-education-center/>

11011 N Oriole Ln

Mequon, WI 53092

(262) 242-4771

**Other Child Care Options**

For more childcare tips and options to consider, check out:

**Care.com**

<https://www.care.com>

Care.com is the world's largest online destination for care. We connect families with great caregivers and caring companies to help you be there for the ones you love. Care.com provides a database for caregivers (e.g. babysitters, nannies, daycare centers). On this website, parents can post the job (including descriptions of your needs for childcare, age of your child, any special requirements). You can also search for caregivers in your area and review the profiles of potential caregivers.

**Local Church Affiliations:** Another great option is to approach your local church about after school care or extended daycare hours. Usually, they will offer church members free care or very cheap assistance. Most of the time these pre-schools and daycare have much less strict requirements than a Government Daycare Assistance program. This is a great alternative to finding a home daycare or after school program that can end up costing upwards of \$150 a week.

**Meet-up Groups:** Check out local Meet-up Groups ([meetup.com](http://meetup.com)) and look for categories including parenting, babysitting co-ops, and childcare. You can even ask local moms' groups, like MOPS groups (<http://www.mops.org/>), if moms know of better options.

## Child Support

According to the Federal Government, every child is entitled to receive financial assistance from both parents. It is important to secure this as soon as possible after giving birth.

Here are the steps that need to be taken:

1. The baby's father calls your state's child support department to receive information on how to acknowledge paternity. Typically, the father will have to attain a paternity affidavit or by way of court order in order to gain parental rights and responsibilities.
2. You and the baby's father will then visit your state's child support department: Ozaukee County Child Support Agency

**Wisconsin Child Support Program (Ozaukee County Child Support Agency)**

<https://dcf.wisconsin.gov/cs/home>

Justice Center, Room 232

1201 South Spring Street

P.O. Box 994

Port Washington, WI 53074-0994

(262) 284-8400

**SupportKids**

<http://www.supportkids.com>

SupportKids is the largest private child support collection company in the country offering custodial parents an alternative to government agencies. For more information, please go to <http://www.supportkids.com>, or call (800) 691-KIDS.

# INSURANCE

Your health is paramount to not only your family, but to you. It is crucial that families have the type of insurance plan that will give the best service, the best coverage, and the best rates. Plans are varied, and each profile is unique to the family and to the company you are applying to.

## Student Health Insurance Plan

### **Voluntary Plan**

<https://www.wpshealth.com/waicu/>

Contact: Health Services to help you apply

Check the WPS Health website for current insurance information.

The Wisconsin Association of Independent Colleges and Universities (WAICU) has teamed up with WPS Health Insurance to offer students convenient, affordable, individual Affordable Care Act-compliant student health plans that give you the protection you need.

All domestic and international students taking at least six credit hours can purchase this plan.

Once enrolled, you must actively attend classes for at least 31 days after coverage begins or you will become ineligible and lose your coverage.

Your dependents are also eligible for this coverage. Dependents include spouses, domestic partners, and eligible children. Coverage for dependents can only be continued if you remain an eligible student.

### **2019-2020**

Under the *High-Deductible Health Plan Option* 100% of maternity and complications of pregnancy visits are covered after the deductible is paid on the Tier 1 provider plan (WPS Statewide Network). Monthly rates vary primarily on student age.

Under the *\$0 Deductible Health Plan Option* 100% of maternity and complication of pregnancy visits are covered with no deductible on the Tier 1 provider plan (WPS Statewide Network). Monthly rates vary primarily on student age.

\*Please check the current plan to make sure this is still covered\*

## Insurance for Low-Income Families

### **Wisconsin BadgerCare Plus**

<https://www.dhs.wisconsin.gov/badgercareplus/index.htm>

BadgerCare Plus is a health care coverage program for low-income Wisconsin residents. Pregnant women are eligible to enroll in this program. Information on how to apply can be found here: <https://www.dhs.wisconsin.gov/forwardhealth/apply.htm>

Benefits include:

- Checkups, shots (immunizations), prenatal care, and other preventive and wellness doctor visits.
- Emergency department visits
- Hospital care
- Maternity and newborn care
- Mental health, behavioral health, and substance abuse treatment
- Prescription drugs
- Rehabilitation services and devices
- Lab visits and x-ray services
- Vision care, like glasses

## Insurance for Your Child

### **Child's Health Insurance Program (CHIP)**

<https://www.dhs.wisconsin.gov/badgercareplus/index.htm>

Within Wisconsin, CHIP falls under the benefits of BadgerCare Plus. Contact the Wisconsin Department of Health Services for more information on how you qualify.

This program provides free or low-cost health insurance for children up to age 19. This insurance covers doctor visits, immunizations, hospitalizations and emergency room visits. The income limit changes yearly and currently a family's gross income must be below 200 percent federal poverty level (FPL) for the children to get CHIP coverage. Generally, a family's gross income must be below 133 percent FPL for children age one to five years to get Medicaid. Find more information here: <https://www.medicaid.gov/chip/eligibility/index.html>.



## Free Breast Pumps

Most insurance plans now cover free breast pumps and other lactation resources (such as professional lactation consultations and in-home support). You can call your insurance provider to ask what lactation resources are covered in your benefits package. Your insurance company may ship these items to your house. Or you can talk to hospital staff (where you intend to give labor) to ask about their lactation programs and resources.

Use this search tool on the Medela website to see if a pump is covered under your plan:

<https://www.medelabreastfeedingus.com/insurance-pump-lookup>

# FINANCING YOUR EDUCATION

## Financial Aid at Concordia University Wisconsin

Your pregnancy and the birth of your child will change how you need to file for financial aid. If you filed for Free Application or Federal Student Aid (FAFSA) before you knew you were pregnant, you need to revisit the Financial Aid Office. Let them know about your pregnancy immediately, and discuss financial assistance options (e.g. grants, scholarships, work-study, loans) to help meet your need.

### **CUW Financial Aid Office**

Stuenkel 103

(262) 243-4569

[finaid@cuw.edu](mailto:finaid@cuw.edu)

## Government Grants

### **Federal Pell Grant**

<https://studentaid.gov/>

Pell Grants are available to all college students who can demonstrate financial need, including single mothers and pregnant mothers. This is a need-based program offered through the federal government, so it is best suited for low-income individuals. The Federal Pell Grant can be extremely useful to finance study material cost and the tuition fees of university. Reward amounts may be as high as \$5,000 per semester for those who qualify. Applications can be conducted online by completing the Free Application for Financial Student Aid at <https://studentaid.gov/> Students should research application deadlines to ensure that funds are received for the upcoming semester as needed.

### **Federal Supplemental Educational Opportunity Grant (FSEOG)**

<https://studentaid.gov/understand-aid/types/grants/fseog>

This is another grant offered by the federal government. It is a need-based grant like Pell Grants, and it is designed to be used as a supplemental financing option in conjunction with Pell Grants. As with the previous two federal grants, interested candidates can complete the Free Application for Financial Student Aid to be considered for this program.

## Private Foundations

Hundreds of private foundations offer scholarships for students pursuing higher education. While you may particularly qualify for scholarships for mothers and women, it helps to broaden your search to consider scholarships for single parents, socioeconomic need, ethnicity, field of study (career path), etc.

Woman-focused and non-traditional scholarships are perfect vehicles for parenting students to use to get funding to continue or return to college. Some recommendations are listed below.

### **Women's Opportunity Awards**

<http://www.soroptimist.org/awards/awards.html>

Soroptimist International has the Women's Opportunity Awards are given to women who serve as the primary head of their household, so basically single moms. Depending on the woman's financial need and the cost of tuition at her chosen school, this award could pay for a mom's entire college education.

### **Jeanette Rankin Foundation**

<https://rankinfoundation.org/>

Jeanette Rankin Foundation hands out scholarships to women age 35 or older who show an interest in higher education. During that time, 500 plus women have earned awards to attend the college of their choice through Jeanette Rankin scholarships. These offers are for women pursuing a four-year degree. The Foundation hands out about 15 scholarships a year, with the amount of the award dependent on financial need. No, Jeanette Rankin Foundation scholarships are not targeted at moms, but if you're a mom 35 or older, you qualify to apply for a scholarship from the Jeanette Rankin Foundation.

### **The Margaret McNamara Memorial Fund**

<http://www.mmeg.org/>

The Margaret McNamara Memorial Fund gives 20 scholarships each year to 20 women around the world who want to return to earn a college degree. The Margaret McNamara Memorial Fund is sponsored and run by the World Bank, and awards educational grants to women from North America as well as some developing countries around the world. To earn these awards, a woman must plan to pursue graduate studies that benefit women and children's health worldwide. That means the main criteria is an essay and phone interview to establish a

woman's commitment to improving the lives of underprivileged women and children. These awards are worth \$12,000 a year toward college costs and are renewable for four years.

### **SWE Scholarship**

<https://swe.org/>

Women who are enrolled in a program focused on computer science, engineering or engineering technology may consider applying for an SWE scholarship. There are several different scholarships and grants awarded each summer to prospective students who are either sophomore, junior, senior, or grad students in an accredited program. The financial support options include endowed scholarships, corporate-sponsored scholarships, and grants.

### **Emerge Scholarship Program**

<http://www.emergescholarships.org>

The Emerge Scholarship program has been helping women pay for a college education since 2001. The program is designed to help women who have already had significant real-life experiences such as stay-at-home mothers, women who are considering switching careers, those who graduated from high school years ago and did not have the opportunity to attend or finish college earlier in life, or who otherwise are non-traditional students. These scholarships are generally not awarded to those who already have received financial aid, and funds can only be applied toward tuition and fees rather than supplementing living-related expenses.

### **Patsy Takemoto Mink Scholarship for Low-Income Women**

<https://www.patsyminkfoundation.org/>

This scholarship program was founded in 2003 by Congresswoman Patsy Takemoto Mink. Throughout her career, Congresswoman Mink has worked to promote education and support resources available for low-income women and their children. Her foundation provides financial assistance to low-income women enrolled in a higher education program or a specialized training program. The number of awards and the amount of the awards will vary from year to year. In 2019, the Foundation will offer five Education Support Awards of up to \$5000.

### **Scholarships For Moms**

<http://scholarships4moms.com/>

Scholarships for Moms is a scholarship program that is available to single or married women who are mothers or who are pregnant. Essentially, any college student or prospective college student who is a mother may apply. The program will award up to \$10,000 in money to be used for higher education costs to the recipient of the scholarship. The scholarship application can be completed online at the above website.

**P.E.O. Sisterhood**

<http://www.peointernational.org/>

P.E. O. Sisterhood has been providing women with the financial assistance they need to attend college and improve their lives. Scholarships are mostly awarded to mothers. In addition to scholarships, the organization also helps mothers fund their college education through grants and loans. In total, this organization has provided over 77,000 women with financial assistance, and this assistance has totaled over \$200 million dollars over the past 150 years.

**United Negro College Fund**

<https://www.uncf.org/>

The UNCF is designed to help African Americans, including mothers and expectant mothers of African American descent, obtain funds needed to attend college and work toward a higher education degree. Some scholarships are sponsored by specific corporations including Intel, Google, and others. More information about the different scholarship programs available can be found on the UNCF website at the UNCF website.

**American Association of University Women**

<https://www.aauw.org/>

AAUW offers scholarships, grants, financial awards, and fellowship opportunities to women across the country. The organization aims to promote equal education for all women, so it is a great resource for funding higher education endeavors made by women with children or who are currently pregnant.

**Hispanic Scholarship Fund**

[www.hsf.net](http://www.hsf.net)

The HSF awards up to \$15,000 in free scholarships for Hispanics attending or who plan to attend, two or four year colleges and universities. The average award is \$2,500 for those attending four year universities and \$1,500 for two year community colleges.

**Denny's Single Parent Student Scholarship**

<http://www.dennyshungryforeducation.com/>

Denny's Single Parent Scholarship gives \$500 to \$1500 to single parent students. Applicants must be of Hispanic origin, have a 3.0 or above GPA and must demonstrate financial need.

**Lifetime Adoption Foundation**

<https://lifetimefoundation.org/>

They offer educational scholarships in deep appreciation to birthmothers who have chosen adoption for their children. They have enabled others to experience the joy of becoming

parents and created futures, not only for those families, but also for their children, for a lifetime.

#### **Adoption Choice, Inc. Scholarship**

<https://adoptionchoiceinc.org/im-pregnant/scholarship-program/>

This scholarship is available to birth parents who have placed their child for adoption through Adoption Choice, Inc. The number and amount of scholarships awarded vary year by year.

#### **National Federation of Republican Women**

<http://www.nfrw.org/pathfinder>

The NFRW awards three annual scholarships of \$2,500 to provide financial assistance and support to women seeking undergraduate or graduate degrees. Undergraduate sophomores, juniors and seniors, as well as students enrolled in a master's degree program, are eligible to apply for the scholarship.

#### **The Educational Foundation for Women in Accounting**

<http://www.efwa.org>

The EFWA offers several scholarships for women in the Accounting field. See the website for a list of options.

#### **Minority Women in STEM Bi-Annual Scholarship**

<https://www.bold.org/scholarship/minority-women-in-stem-bi-annual-scholarship/>

This scholarship fund awards \$3000 every 6 months to a women from backgrounds underrepresented in STEM fields.

#### **McDonald Worley Annual Scholarship**

<https://mcdonaldworley.com/scholarships/>

This scholarship fund awards \$1000 to female students with diverse backgrounds of race, ethnicity or faith, obtain the degree of their choice from any eligible college, university, graduate school, or law school. Applicants are encouraged to apply in fields in which women have traditionally been underrepresented: science, math, engineering, technology, business, and law.

## State-Specific Scholarships

#### **Wisconsin Women in Government**

<http://wiscwomeningovernment.org/undergrad-scholarship/>

The Wisconsin Women in Government (WWIG) Undergraduate Scholarship program is designed to provide financial support for women who wish to pursue careers in public service, public administration, or governmental affairs. The scholarship is available to current college or university students who likely would have difficulty continuing their education without financial assistance. The purpose of the program is to make post-secondary education more accessible to women by relieving some of the financial burden.

#### **WAICU Nonprofit Internship Program**

<http://www.waicu.org/working-students/student-jobs-internships/waicu-nonprofit-internship-program>

While not a traditional grant or scholarship, the WAICU Nonprofit Internship Program provides student interns a \$2,000 summer stipend (disbursed throughout the summer) and a \$3,000 scholarship in exchange for 400 hours of work over 10 summer weeks. Internships are located throughout Wisconsin and offer a wide range of opportunities for many different majors.

#### **HOPE Network for Single Mothers: Edmund Springman Educational Grant and Rachel Holley Educational Grant**

<https://www.hopenetworkinc.org/scholarships/how-to-apply/>

HOPE Network awards annual grants of at least \$1,000 to qualifying single mothers who demonstrate financial need, motivation, and potential. The grant may be used to cover tuition, childcare costs, or both. Visit the website for details on eligibility to apply.

# **ADOPTION**

Making the decision to place your child in a loving home is a difficult and courageous choice. We support you in whatever decision you make to give you and your child the best future. As you think about your options, we encourage you to contact an adoption agency.

## Local Adoption Resources

The following resources can help provide you with more information regarding adoption and help guide you through the adoption process.

### **Lutheran Social Services of Wisconsin and Upper Michigan**

<https://www.lsswis.org/LSS/Programs-Services/Adoption>

6737 W Washington Street, Suite 2275,

West Allis, WI 53214

(414) 246-2300

### **Bethany Christian Services**

<https://bethany.org/get-help/pregnancy>

3229 N Martin Luther King Dr

Milwaukee, WI 53212

(262) 547-6557

### **Evangelical Child & Family Agency**

<https://www.ecfawisc.org/adoption>

1617 S. 124th Street,

New Berlin, WI 53151

(262) 789-1881

info@ecfawisc.org

## More Information on Adoption

### **Catholic Charities**

<https://www.catholiccharitiesusa.org/>

Catholic Charities provide options counseling and adoption placement services including foster care, international adoption, special needs adoption and interstate adoption. They also provide post-adoption services as well as search and reunion services.



(703) 549-1390

**AdoptUsKids**

[www.adoptuskids.org](http://www.adoptuskids.org)

AdoptUsKids raises public awareness about the need for foster and adoptive families for children in public child welfare system. Recruit foster and adoptive families and connect them with children.

(888) 200-4005

**Bethany Christian Services**

<https://bethany.org/>

The nation's largest adoption and foster care agency that cares for women facing unplanned pregnancies and orphans living on 5 continents.

(800) 238-4269

**Lifetime Adoption**

[www.lifetimeadoption.com](http://www.lifetimeadoption.com)

Lifetime Adoption assists African American couples wanting to adopt and birth mothers seeking African-American families.

(800) 923-6783

**Faithful Adoption Consultants**

<http://www.faithfuladoptionconsultants.com/>

Faithful Adoption Consultants is referral service that networks our clients with licensed agencies and attorneys throughout the United States. The FAC team assists parents through their adoption process and provide helpful answers to your adoption questions.

(678) 559-2164

[info@faithfuladoptionconsultants.com](mailto:info@faithfuladoptionconsultants.com)

## Birthparent Support

**Bethany Christian Services**

<https://www.bethany.org/>

Bethany Christian Services is a global nonprofit organization that brings families together and keeps families together. Services include adoption, foster care, and pregnancy counseling. If you are pregnant and considering adoption, Bethany Christian Services will provide pregnancy support and help you make an adoption plan. Bethany Christian Services can also provide

financial assistance for living expenses during your pregnancy (e.g. rent when you can't work, food, transportation, utilities, or maternity clothes) and help with medical and legal expenses if needed.

(800) 238-4269

### **BirthMom Buds**

[www.birthmombuds.com](http://www.birthmombuds.com)

BirthMom Buds is a national web-based nonprofit organization which provides support to pregnant women considering adoption as well as birthmothers who have already placed children for adoption through its website, toll free support line. Additionally, they offer many programs including the Pregnant and Placing Program, Buddy System, and Annual Birthmother Retreats.

[birthmombuds@gmail.com](mailto:birthmombuds@gmail.com)

1-855-4MyBBud

### **Sally's Lambs**

<http://www.sallyslambs.org/>

Their mission is to encourage and support birth moms facing unplanned pregnancies. By working with established pregnancy care centers, adoption agencies and with birth mothers directly, Sally's Lambs® will meet the physical, emotional, and spiritual needs of birth mothers. Call or fill out an online contact form for more information.

[info@theradiancefoundation.org](mailto:info@theradiancefoundation.org)

(877) 517-4463 ext. 804

### **Embrace Grace**

[www.embracegrace.com](http://www.embracegrace.com)

Embrace Grace offers programs and groups where mothers can make new friends in similar circumstances, receive a baby shower with new baby items, and be inspired and filled with hope by friends, leaders and, God. Visit the website to find an Embrace Grace group near you.

(817) 755-8484

[info@iembracegrace.com](mailto:info@iembracegrace.com)

## **OTHER PLACES TO LOOK FOR HELP**

### Local Non-Profit Agencies

These local non-profit agencies are equipped to assist single mothers with such services as parenting support, financial guidance and assistance, daycare assistance, food, clothing and other necessities. Local non-profit agencies include:

#### **A Place of Refuge**

<http://www.aplaceofrefuge.org/>

Refuge House is a safe place that provides a loving, nurturing environment for women and their children. Advocates encourage women to make the positive changes in their lives that will offer opportunity, direction and hope for their futures. A Place of Refuge Ministries of South Wisconsin is a non-profit corporation and a Recognized Service Organization of the Lutheran Church-Missouri Synod.

7624 W Hampton Ave

Milwaukee, WI 53218

(414) 476-6333

[APOR.MINISTRIES.SWD@GMAIL.COM](mailto:APOR.MINISTRIES.SWD@GMAIL.COM)

#### **4C For Children**

<http://www.4cfc.org/>

4C offers a variety of services that support quality Early Care and Education. They provide training for existing and new childcare providers, help parents navigate the process of childcare options available, work closely with the State of Wisconsin regarding the delivery of YoungStar services, and provide a USDA Food Service program for Family Child Care Providers.

1736 North 2nd Street

Milwaukee, WI 53212

(414) 562-2650

[childcareinfo@4C-forchildren.org](mailto:childcareinfo@4C-forchildren.org)

#### **Evangelical Child & Family Agency**

<http://www.ecfawisc.org/>

ECFA provides adoption services and parenting support to the Evangelical Christian community. If a mother chooses to place her child for adoption, their trained, licensed social workers on

staff work alongside the mother through the process. If the mother chooses to parent the child, ECFA offers counseling, pregnancy and childbirth education, baby items, and more.

1617 S. 124th Street  
New Berlin, WI 53151  
(262) 789-1881  
[info@ecfawisc.org](mailto:info@ecfawisc.org).

## State Assistance Programs

When you have exhausted your options on a local level, or simply require further help, there are a variety of state and federal programs designated to help low-income families and single mothers. You will be required to meet with a caseworker who will discuss their program and review your personal information to affirm that you qualify (including your earned income, proof of residence, past due bills, and dependent information). To search for more benefits within your area go to <https://www.benefits.gov/>.

### **Wisconsin Shares Child Care Subsidy**

<https://dcf.wisconsin.gov/wishares/apply>

The Wisconsin Shares Child Care Subsidy Program supports low-income working families by subsidizing a portion of the cost of quality childcare while the parents or caregivers are working or participating in another approved activity. Wisconsin Shares is implemented locally by counties and tribes.

Moraine Lakes Consortia (Light Green)  
121 W. Main St.  
Port Washington, WI 53074  
(888) 446-1239

### **Head Start**

<https://eclkc.ohs.acf.hhs.gov/how-apply>

Head Start programs promote the school readiness of children ages birth to 5 from low-income families by supporting their development in a comprehensive way. The nearest Head Start agency is:

Eternal Support  
7901 N 66th St  
Milwaukee, WI 53223  
(212) 289-2402

To find more Head Start agencies around the country, visit <https://eclkc.ohs.acf.hhs.gov/center-locator> or call (866) 763-6481.

**Aurora Health Care**

1218 West Kilbourn Ave, Suite 207

**MLK-Heritage Health Center WIC**

2555 North Dr. Martin Luther King Jr. Drive

**Emergency Assistance**

<https://dcf.wisconsin.gov/ea>

Emergency Assistance is a one-time payment that can help low-income parents pay an emergency housing or utility-related expense.

ResCare, Inc.

5555 West Highland Road

Mequon, WI 53092

1-888-947-6583

**Transitional Jobs**

<https://dcf.wisconsin.gov/w2/tj>

Transitional Jobs (TJ) is a program that offers jobs to unemployed low-income adults in certain areas of the state. The nearest local transitional jobs agency is:

Racine Area Manufacturers and Commerce (RAMAC)

300 5th Street

Racine, WI 53403

(414) 389-6331

[Alba.Baltodano@umos.org](mailto:Alba.Baltodano@umos.org)

**Women, Infants, and Children (WIC)**

The purpose of WIC is to ensure that women and their children are eating nutritious foods that their body needs. WIC provides eligible applicants with checks to purchase designated healthy foods from local grocery stores. They also provide help with breastfeeding including free breast pumps and formula. Contact your local office by calling their toll-free number found here: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>.

To find a list of all WIC sites in Wisconsin, visit: <https://www.dhs.wisconsin.gov/wic/local-projects.htm>

A few of the WIC sites nearest to campus are:

Milwaukee, WI 53233  
(414) 219-3210  
**Northwest Health Center**  
7630 West Mill Road  
Milwaukee, WI 53218  
(414) 286-8820

**Wee Care Day Care, Inc**  
3882 North Teutonia Ave.  
Milwaukee, WI 53206  
(414) 449-8460

Milwaukee, WI 53212  
(414) 267-6650  
**Washington Ozaukee Public Health  
Department**  
121 W. Main St.  
Port Washington, WI 53074  
(262) 284-8172

**Supplemental Nutrition Assistance Program (SNAP)**, formerly known as Food Stamps  
If eligible, the SNAP program will help pay your grocery bill so that you and your child can eat well while you attend school. To be eligible, students must be a single parent who has a child under the age of 6 in the home. The applicant may not have over 2,000 in cash or bank account assets. Student loans do not count as assets. To apply for SNAP, find your local office here: <https://www.fns.usda.gov/snap/state-directory>

Students who may be eligible for SNAP:

- must be a single parent who has a child under the age of 6 in the home
- The applicant may not have over 2,000 in cash or bank account assets. Student loans do not count as assets.

Applications can be completed online at <https://access.wisconsin.gov/> or in person at one of the following locations:

**Ozaukee County Department of Human Services**

121 W. Main St. PO Box 994  
Port Washington, WI 53074-099  
(262) 284-8200  
Hours: Monday-Friday 8 am - 4:30 pm

**DHS Milwaukee Enrollment Services (MiES)**

1220 W. Vliet St.  
Milwaukee, WI 53205  
(888) 947-6583  
Hours: Monday-Friday 7:30 am - 5 pm

**Temporary Assistance for Needy Families (TANF)**

<https://dcf.wisconsin.gov/w2/parents/w2>

TANF is a federal assistance program that provides temporary cash assistance and food stamps to single mothers and low-income individuals, showing a need.

**ResCare, Inc.**

5555 West Highland Road

Mequon, WI 53092

(262) 238-2881

**Low Income Housing Energy Assistance Program (LIHEAP)**

<http://liheap.org/>

<http://homeenergyplus.wi.gov/>

LIHEAP is a federal assistance program that provides assistance with energy-related costs, including paying utility bills, weatherization procedures and/or energy-related home repairs.

121 W Main ST

Port Washington, WI 53074

(262)284-8101

[heat@wisconsin.gov](mailto:heat@wisconsin.gov)

**The Wisconsin Division of Energy, Housing and Community Resources**

PO Box 7970

Madison, WI 53707

(608) 266-2035

[HEAT@Wisconsin.gov](mailto:HEAT@Wisconsin.gov)

# COUNSELING RESOURCES

## Campus Counseling Services

At Concordia University Wisconsin you can access the following mental health resources to help you succeed as an individual, a student, and a parent:

### **CUW Counseling Center**

<https://www.cuw.edu/academics/services/health-wellness/counseling-center/index.html>

Location: AL 111 (in the hallway past the bookstore, along with the CMLT office, Terrace Room, and Health Center)

(262) 243-2244

[studentwellness@cuw.edu](mailto:studentwellness@cuw.edu)

Hours: Monday - Friday 7 am - 5 pm with evening hours by appointment

The Concordia University Wisconsin Counseling Center staff is here to provide caring, competent counseling to students, faculty, and staff in a confidential setting whenever you need us. We even have a comfort dog, Zoey, on staff if you need non-human companionship.

As a group, we strive to use God's Word and draw upon His grace. We encourage one another to include faith in Jesus Christ when responding to psychological crises, building emotional well-being, and enhancing the interpersonal development of our students. We demonstrate regard, respect, compassion, and sensitivity to all individuals who use our services. You can also be assured of confidentiality.

If you are struggling, please know you are not alone. Reach out to the Counseling Center. We're here for you in your time of need.

## Pregnancy Support

Pregnant? You are not alone. There are several pregnancy resource centers in your area. Services are typically FREE! For confidential support and counseling to help you in your pregnancy decisions, please contact:

### **Women's Care Center**



<http://www.womenscarecenter.org/>

Women's Care Center provides free, confidential counseling, support and education to women facing unplanned pregnancies. They also provide free pregnancy testing and ultrasounds which help determine viability and dates. Email a counselor at [aleshia@womenscarecenter.org](mailto:aleshia@womenscarecenter.org).

Women's Care Center has two locations in the area:

1441 North Farwell Avenue

Milwaukee, WI 53202

(414) 223-2610

Hours: Monday, Wednesday, Thursday, and Friday 9 am - 5 pm

Tuesday 11 am - 7 pm

Saturday 9 am - 1 pm

634 W. Historic Mitchell

Milwaukee, WI 53204

(414) 645-4050

Hours: Monday - Friday 8:30 am – 4:30 pm

### **Care Net Milwaukee**

<https://carenetmilwaukee.com/>

Care Net Pregnancy Center of Milwaukee provides free, confidential pregnancy tests, options counseling, abortion education and information, viability ultrasounds, material support such as diapers, maternity and baby clothes, mom's groups, and post-abortion support.

4957 W. Fond du Lac Ave

Milwaukee, WI 53216

(414) 962-2212

[advocate@carenetmilwaukee.com](mailto:advocate@carenetmilwaukee.com)

Hours: Monday - Friday 10 am - 4 pm

### **Seed of Hope Center**

<https://www.seedofhopecenter.org/>

The Seed of Hope Center is a 501(c)(3) nonprofit faith-based medical center specializing in pregnancy and sexual health issues. They provide pregnancy testing, ultrasound, verification of pregnancy, prenatal vitamins, referrals, client advocacy, parenting education, and sexual health consultations to clients in and around Washington County. All services are confidential and are provided at no cost to clients.

206 North 6th Ave.

West Bend, WI 53095

(262) 338-1205

[info@seedofhopecenter.org](mailto:info@seedofhopecenter.org)

Hours: Monday-Tuesday 9 am - 4 pm  
Thursday 9 am - 5 pm  
*5-7 pm for medical appts. only*

### **Eyewitness for Life**

<https://eyewitnessforlife.org/>

Eyewitness for Life exists to help women and help their preborn babies. Staffed by professional sonographers, they offer free ultrasounds to women, so they have the information they need to make decisions at a critical time in their life. Their purpose is to educate pregnant women about their baby's development using ultrasound images.

3800 N Mayfair Rd, Suite 110

Milwaukee, WI 53222

(414) 462-5483 (call or text)

[eyewitnessmilwaukee@gmail.com](mailto:eyewitnessmilwaukee@gmail.com)

Hours: Schedule an appointment by going online, calling, or texting their number

### **Option Line**

[www.optionline.org](http://www.optionline.org)

OptionLine provides free and confidential counseling as well as accurate information about pregnancy and pregnancy options. These centers support life-affirming choices, and they do not refer women to abortion providers. There are over 3,000 pregnancy resource centers across the country. To find pregnancy resource centers additional to those listed here, visit the website listed above.

(800) 712-4357 (call or text)

### **Nurturing Networks**

[www.nurturingnetwork.org](http://www.nurturingnetwork.org)

Nurturing Networks provide practical services to women facing the crisis of an unplanned pregnancy, including education options to continue her pregnancy and the life of her unborn child without sacrificing her own hopes and dreams.

[mary@nurturingnetwork.org](mailto:mary@nurturingnetwork.org)

[ann@nurturingnetwork.org](mailto:ann@nurturingnetwork.org)

### **Women's Support Center of Milwaukee, Inc.**

[www.wscmil.org](http://www.wscmil.org)

Women's Support Center of Milwaukee offers free and confidential pregnancy testing, pregnancy verification, ultrasounds, pre- or post-abortion counsel, Natural Family Planning (a

natural method to avoid or achieve pregnancy) education, educational materials, classes and support sessions, baby supplies, and medical and community referrals.

2051 W. Wisconsin Ave

Milwaukee, WI 53233

(414) 934-8888

[wsc1212@att.net](mailto:wsc1212@att.net)

Hours: Monday - Wednesday 10 am - 5 pm

Thursday: 10 am - 3 pm

Friday - Sunday: Closed

### **APS Medical**

<http://www.apsmke.com/>

APS Medical is a safe place committed to providing care without judgement. They offer pregnancy tests, ultrasounds, parenting classes, adoption referral, abortion recovery support, and information regarding pregnancy, fetal development, lifestyle issues, and abortion procedures and risks. All services are confidential and free of charge.

8501 W. Lincoln Ave

West Allis, WI 53227

(414) 727-8177 (call)

(414) 465-2246 (text INFO)

[help@apsmke.com](mailto:help@apsmke.com)

Hours: Monday 1 pm - 4 pm

Tuesday 9 am - 3 pm

Wednesday 1 pm - 5 pm

Thursday 10 am - 4 pm

### **Catholic Charities Archdiocese of Milwaukee**

<https://www.ccmke.org/Catholic-Charities/Get-Help/Pregnancy-Parenting-Support.htm>

Among many services, the Archdiocese of Milwaukee's Catholic Charity provide Pregnancy Support Coordinators who provide education and support to prepare individuals for successful and safe parenting. The needs of each individual are met, including, but not limited to, education on pregnancy, childbirth, parenting, prenatal care coordination (PNCC), community resources, and emotional support.

#### **Milwaukee Area Office**

2021 N. 60th St.

Milwaukee, WI 53208

(414) 771-2881

(414) 573-5899 (24-hour help line)

[info@ccmke.org](mailto:info@ccmke.org)

Hours: Monday - Friday 8 am - 5 pm

## Postpartum Depression

In addition to the resources listed below, consider reaching out to the counseling resources both on campus and off listed above to address this difficult problem as well.

### **Postpartum Support International**

<http://www.postpartum.net/>

(800) 944-4773

[support@postpartum.net](mailto:support@postpartum.net)

Our local support coordinator, Heather Nischke, can be contacted at:

(414) 622-0942

[Hnischkebirthservices@gmail.com](mailto:Hnischkebirthservices@gmail.com)

Our local support groups are:

#### **The Womb Room**

3920 W. National Ave

West Milwaukee, WI 53215

Meetings every second Saturday from 1 - 3 pm

#### **Moms Mental Health Initiative**

<https://momsmentalhealthmke.org/>

This online resource offers references to therapists and psychiatrists in the area who specialize in perinatal counseling, as well as access to a Circle of Hope, a private, online support group for moms local to the Greater Milwaukee Area.

To find other support coordinators and groups in Wisconsin and around the country, visit

<http://www.postpartum.net/get-help/locations/united-states/>.

Postpartum Support International offers information and resources for women suffering from postpartum depression, anxiety, and psychosis.

### **Postpartum Progress**

<http://www.postpartumprogress.com/ppd-support-groups-in-the-u-s-canada>

Postpartum Progress provides a listing of postpartum depression support groups in the United States, in addition to several education resources to learn more about postpartum trauma.

[resources@postpartumprogress.org](mailto:resources@postpartumprogress.org)

## COMMUNITY CHURCHES AND RELIGIOUS ORGANIZATIONS

These community churches and temples have organized programs to help single mothers and individuals with low incomes.

### **A Place of Refuge**

<http://www.aplaceofrefuge.org/>

Refuge House is a safe place that provides a loving, nurturing environment for women and their children. Our Advocates encourage women to make the positive changes in their lives that will offer opportunity, direction and hope for their futures. A Place of Refuge Ministries of South Wisconsin is a non-profit corporation and a Recognized Service Organization of the Lutheran Church-Missouri Synod.

(414) 476-6333

[Apor.ministries.swd@gmail.com](mailto:Apor.ministries.swd@gmail.com)

# **PARENTING SUPPORT**

## Parenting Classes

### **APS Medical**

<https://www.apsmke.com/parenting-class>

APS Medical offers many free resources for moms, including parenting classes.

8501 West Lincoln Avenue

West Allis, WI 53227

(414) 727-8177

[help@apsmke.com](mailto:help@apsmke.com)

Hours: Monday 1 pm - 4 pm

Tuesday 9 am - 3 pm

Wednesday 1 pm - 5 pm

Thursday 10 am - 4 pm

### **The Parenting Network**

<https://www.theparentingnetwork.org/classes>

The Parenting Network offers parenting classes that range from ongoing classes (so you can join anytime), classes on a fixed schedule, and one-time class workshops. Note: these classes are not free.

7516 W. Burleigh Street

Milwaukee, WI 53210

(414) 671-0566

Hours: Monday - Thursday 8:30 am - 5:30 pm

Friday 8:30 am - 3 pm

### **Froedtert Hospital Birth Center**

<https://www.froedtert.com/birth/froedtert#classes>

Froedtert Hospital Birth Center offers several free classes for women who are currently pregnant, covering topics such as giving birth, breastfeeding, infant safety and care, and mindfulness-based cognitive therapy.

9200 W. Wisconsin Ave.

Milwaukee, WI 53226

(414) 805-3666

### **Women's Support Center of Milwaukee, Inc.**

<https://www.wscmil.org/childcare-classes/>

Women's Support Center of Milwaukee offers many free resources to moms, including classes on breastfeeding and infant care.

2051 W. Wisconsin Ave

Milwaukee, WI 53233

(414) 934-8888

[wsc1212@att.net](mailto:wsc1212@att.net)

Hours: Monday - Wednesday 10am - 5 pm

Thursday 10 am - 3 pm

### **Catholic Charities Archdiocese of Milwaukee**

<https://www.ccmke.org/Catholic-Charities/Get-Help/Pregnancy-Parenting-Support.htm>

The Catholic Charities of Milwaukee Pregnancy Support Coordinators assist by providing education and support to prepare individuals for successful and safe parenting. The needs of everyone are met, including, but not limited to, education on pregnancy, childbirth, parenting, prenatal care coordination (PNCC), community resources, and emotional support. Meetings can take place at the individual's home, one of our offices, or within the community. Services are comprehensive, confidential, and provided to people of all faiths.

2021 N. 60th St.

Milwaukee, WI 53208

(414) 771-2881

[info@ccmke.org](mailto:info@ccmke.org)

### **Ozaukee Family Services**

<http://ozaukeefamilyservices.org/workshops/>

Ozaukee Family Services offers several free parenting workshops for parents of children at various stages. Free childcare is available at most workshops. Register in advance on the website.

4922 Columbia Rd

Cedarburg, WI 53012

(262) 376-7774

Hours: Monday - Friday 9 am - 3 pm

## Local Parents Groups

### **MOPS**

<https://www.mops.org/>

MOPS International encourages and equips moms of young children to realize their potential as mothers, women and leaders, in relationship with Jesus, and in partnership with the local church. MOPS groups typically offer biweekly meetings with childcare, a featured speaker, discussion, and great company. Many programs also include “moms only” and family fun activities. This is a great place to meet fellow moms, get practical advice, and be supported by your community.

Local MOPS groups are listed below. Visit the website to find more MOPS groups around the country.

#### **Crossroads Presbyterian Church**

<http://www.crossroadspres.org>

6031 W Chapel Hill Rd

Mequon, WI 53097

1<sup>st</sup> and 3<sup>rd</sup> Thursdays 9 am - 11:15 am

#### **St Paul Lutheran Church**

<http://www.splgrafton.org/servant-ministries/mops>

701 Washington St

Grafton, WI 53024

1<sup>st</sup> and 3<sup>rd</sup> Tuesday 9 am - 11:15 am

#### **Grace Lutheran Church**

<https://grace-connect.churchcenter.com/registrations/events/227944>

W196 N9525 Cross View Way

Menomonee Falls, WI 53051

2<sup>nd</sup> and 4<sup>th</sup> Tuesday 6:30 pm - 8 pm

#### **Embrace Grace**

<https://embracegrace.com/>

Embrace Grace now offers support groups for single mothers. This program offers practical support for single moms and helps provide mentorship and support for the unique issues that single moms face.

The group nearest CUW holds meetings at Kettlebrook Church:



279 S 17<sup>th</sup> Avenue, #7  
West Bend, Wisconsin 53095  
Mondays at 6:30 pm  
262-297-1312  
Led by Katherine Tobey [schmitt13@hotmail.com](mailto:schmitt13@hotmail.com)

### **Ozaukee Family Services**

<http://ozaukeefamilyservices.org/>

Ozaukee Family Services hosts several groups where parents and their children can come and meet other families. Register to attend through the website.

4922 Columbia Rd  
Cedarburg, WI 53012  
(262) 376-7774  
Hours: Monday - Friday 9 am - 3 pm

### **Ascension Columbia St. Mary's Hospital Ozaukee Birth Center**

<https://healthcare.ascension.org/locations/wisconsin/wimil/mequon-ascension-columbia-st-marys-hospital-ozaukee-birthing-center>

Columbia St. Mary's sponsors the New Parenting Network that meets every Wednesday from 10-11:30 AM at the Birth Center. Led by prenatal educators and doulas, it is free and open to parents, partners, and caregivers, allowing them the chance to share the joys and challenges of raising their babies. Registration not required.

13111 N. Port Washington Road  
Mequon, WI 53097  
(262) 243-7300  
[babyclasses@columbia-stmarys.org](mailto:babyclasses@columbia-stmarys.org)  
Class meets Wednesday 10 am - 11:30 am

### **Care Net Milwaukee**

<https://carenetmilwaukee.com/>

CareNet Milwaukee offers weekly Mom's Groups on Tuesdays mornings 10:00-11:00 AM. Call or text the number below to sign-up today. All groups are free and include food, drinks, gifts and diapers.

4957 W. Fond du Lac Ave  
Milwaukee, WI 53216  
(414) 962-2212  
Hours: Monday - Friday 10 am - 4 pm  
Groups meet Tuesday 10 - 11 am

## **EMERGENCY ASSISTANCE**

We understand that you may be going through other difficult situations in your life. Please know that you are not alone. There are people who want to support you and help you get through these challenges.

### **If you feel that you are in an unsafe or dangerous situation (e.g. emotionally or physically):**

1. **Get to a safe, secure location.** This may be a friend's apartment, a police station, or a hospital depending on your situation.
2. **Contact a friend or counselor for immediate support.** Be with someone who will help ensure your emotional and physical safety.
3. **Seek out professional assistance.** You can overcome this situation. With professional assistance, you can seek out a path for healing, justice, and hope.

## Campus Emergency Resources

### **Campus Safety**

Director of Campus Safety: Mike Stolte

Rincker 023

9-911 (emergency)

(262) 243-4344 (non-emergency)

[campus.safety@cuw.edu](mailto:campus.safety@cuw.edu)

### **Counseling Center**

Free to all students, the counseling center is an excellent on-campus resource.

Albrecht 111

Intake/Triage - (262) 243-2244

Dave Enters - (262) 243-4211

Hours: Monday - Friday 7 am - 5 pm

### **Title IX Coordinator**

*Joseph Niswonger*

S001

(262) 243-4331

[joseph.niswonger@cuw.edu](mailto:joseph.niswonger@cuw.edu)

### **Mequon Police Department**

11300 N Buntrock Ave  
Mequon, WI 53092  
(262) 242-3500  
(262) 284-7172 (Ozaukee sheriff's number)

## Abortion Pill Reversal

Many women who have taken the abortion pill experience regret. You are not alone. If you have changed your mind, there is help for you. Abortion Pill Reversal is a new medical procedure available to reverse the effects of the abortion pill and possibly save the life of your child. If you have taken the first dose of the abortion pill (RU-486 or Mifeprex®) and are now experiencing regret, it may not be too late. Reversal is most successful within 72 hours.

Call the 24-Hour **Abortion Pill Reversal Helpline** to speak to a medical professional: **(877) 558-0333**.

Learn more about Abortion Pill Reversal at <http://www.abortionpillreversal.com>

## Suicide Prevention

### **National Suicide Prevention Lifeline**

<http://www.suicidepreventionlifeline.org/>

Suicidal thoughts or feelings are sometimes experienced by women who have had an abortion. Suicidal thought or feelings may also be experienced by those who learn that they are unexpectedly pregnant. If this is happening to you, please get help immediately. We want you to know that there is hope for you, and that we care very much.

Toll-Free National Helpline: (800)-273-8255

## Domestic Violence

### **National Domestic Violence**

<http://www.thehotline.org>

National Domestic Violence provides anonymous and confidential help 24/7. The National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to the hotline can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services.

Toll-Free National Helpline: (800) 799-7233

### **Advocates of Ozaukee**

<https://www.advocatesofozaukee.com/>

Advocates of Ozaukee works to end domestic and sexual violence and abuse. They offer services including a 24-hour crisis line, temporary housing and food, advocacy and counseling, community education services, arrangements for education of school-age children residents, emergency transport to shelter, referral and follow-up services, 24-hour shelter intake, weekly support groups, assistance with restraining orders and/or legal referral, and medical advocacy.

P.O. Box 80166

Saukville, WI 53080

Office phone: (262) 284-3577 (office phone)

(262) 284-6902 (24-hour crisis line)

(877) 375-4034 (24-hour crisis line)

[officemanager@advocates-oz.org](mailto:officemanager@advocates-oz.org)

## Sexual Assault

You have rights and protections under Title IX. Contact Dr. Andrew Luptak (see above under “Campus Emergency Resources”) to discuss them.

**Advocates of Ozaukee** also offers aid for victims of sexual assault, as described above.

### **RAINN**

<https://www.rainn.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

National Sexual Assault Hotline: (800) 656-4673

# PREGNANCY LOSS

## Pregnancy Loss

### **Through the Heart**

<http://www.throughtheheart.org/>

Through the Heart provides Comfort Kits free of charge to individuals or couples who have recently suffered a pregnancy loss nationwide, as well as some resources for coping and mourning. Each kit comes full of items to pamper you including personal care items, sweet and savory snacks, and a Redbox movie rental code. Information about our organization and a handwritten note from our co-founder are also included to add a personal touch. While nothing can take away the pain of a loss, it is our hope that this kit will provide some distraction during a difficult time and provide resources to begin healing.

3568 Edgewater St

Edgewater, MD 21037

(410) 571-4715

[info@throughtheheart.org](mailto:info@throughtheheart.org)

### **National Share**

<http://nationalshare.org/>

Share Pregnancy & Infant Loss Support is a community for anyone who experiences the tragic death of a baby. They serve parents, grandparents, siblings, and others in the family unit, as well as the professionals who care for grieving families. Share is a national organization with over 75 chapters in 29 states. Their services include bed-side companions, phone support, face-to-face support group meetings, resource packets, private online communities, memorial events, training for caregivers, and more.

(800) 821-6819

[info@nationalshare.org](mailto:info@nationalshare.org)

The local Milwaukee support group is:

Infant Loss Support

Children's Hospital of Wisconsin (Children's Corporate Center)

9000 W. Wisconsin Ave., Suite 255 Nicole Schwerman

Contact Nicole Schwerman at (414) 266-2995 or [NSchwerman@chw.org](mailto:NSchwerman@chw.org) if interested in joining.

Group meets 4th Monday from 6:30 pm - 8 pm.

## After Abortion Healing Programs

Many women (and their families) experience a range of emotions after an abortion. **Signs of stress that may be caused by an abortion in your past include:**

- Feelings of sadness or anger

- Self-destructive behaviors including substance abuse, abusive relationships or promiscuity

- Feelings of anxiety, difficulty sleeping, nightmares

- Uncontrollable crying

If you are feeling sad, confused, frustrated, or angry, please know that you are not alone. There are organizations available to offer free, confidential support as you search for healing and peace after your abortion. Several local organizations are listed below:

### **Seed of Hope Center**

<https://www.seedofhopecenter.org/support-services/post-abortion-services/>

In addition to services ranging from pregnancy tests, prenatal vitamins, referrals, and sexual health consultations (see p. 24 and p. 61), Seed of Hope Center provides Surrendering the Secret, an eight-week post-abortion healing process through honest, interactive Bible study; meaningful group experiences; unique journaling exercises; and confidential, caring community to set you free from the pain, heartbreak, and bondage of a past abortion.

West Bend – Medical Center

206 North 6th Ave.

West Bend WI 53095

(262) 338-1205

### **CareNet Milwaukee**

<https://carenetmilwaukee.com/after-abortion-support/>

Care Net Pregnancy Center of Milwaukee provides post-abortion counseling to help heal the emotional wounds of abortion. Counseling is provided one-on-one in a confidential setting to women who are experiencing emotional turmoil following an abortion whether the abortion was two months, two years or twenty years in the past.

4957 W. Fond du Lac Ave.

Milwaukee, WI 53216

(414) 962-2212

[advocate@carenetmilwaukee.com](mailto:advocate@carenetmilwaukee.com)

Monday - Friday 10 am - 4 pm

**APS Medical**

<https://www.apsmke.com/abortion-recovery>

APS Medical offers confidential counseling for post-abortive women, along with pregnancy services like ultrasounds, parenting classes, education on pregnancy and abortion, and the like.

All services are confidential and free of charge.

8501 West Lincoln Avenue

West Allis, WI 53227

(414) 727-8177

(414) 465-2246

[help@apsmke.com](mailto:help@apsmke.com)

**Tomorrows Choice Family Resource Center**

<http://www.tcfrc.com/>

Tomorrow's Choice Family Resource Center employs trained counselors to walk with post-abortive women, in addition to providing pregnancy tests, education on pregnancy and fetal development, and baby supplies.

912 N Barstow St

Waukesha, Wisconsin

(262) 513-9590

[tomorrowschoice@yahoo.com](mailto:tomorrowschoice@yahoo.com)

**Abortion Recovery International**

<https://saveone.org/>

Abortion Recovery helps individuals and families overcome the emotional and psychological complications that are often experienced after an abortion. Recovery is often free, always confidential and is available to ANYONE impacted by the loss of a child by abortion. Abortion Recovery changes your life forever. It gives you a sense of personal peace which heals internal brokenness, repairs relationships and brings back intimate friendships. Recovery gives a new beginning to life following an abortion.

(657) 464-7071 (call or text)

**Rachel's Vineyard**

[www.rachelsvineyard.org](http://www.rachelsvineyard.org)

Rachel's Vineyard weekends for healing after abortion are offered throughout the year in locations across the United States and Canada, with additional sites around the world. They also offer a 15-week support group model for Rachel's Vineyard. The program is an opportunity to examine your abortion experience, identify the ways that the loss has impacted you in the past and present, and helps to acknowledge any unresolved feelings that many individuals struggle with after abortion. Because of the emotional numbness and secrecy that often

surrounds an abortion experience, conflicting emotions both during and after the event may remain unresolved. These buried feelings can surface later and may be symptoms of post abortion trauma.

Toll-Free National Helpline: (877) 467-3463

### **Project Rachel**

<http://hopeafterabortion.com/>

Toll-Free National Helpline: (888) 456-4673

Project Rachel operates as a network of healing composed of specially-trained caregivers which may include priests, deacons, sisters, lay staff and volunteers, mental health professionals, spiritual directors, mentors, chaplains and others, such as medical personnel. These individuals, often working as a team, provide direct care to women, men and adolescents who have been touched by an abortion loss, enabling them to grieve, receive forgiveness, and find peace.

Although most dioceses use the name Project Rachel, some programs are named differently. In addition to individualized counseling, some programs include support groups and retreats.

The local Project Rachel chapter in Milwaukee can be contacted by phone or email here:

(608) 821-3177

[Rachel@straphael.org](mailto:Rachel@straphael.org)

### **Good Counsel Homes**

<https://www.goodcounselhomes.org/>

Good Counsel Homes offers vocational assistance; a number of classes on parenting, spirituality, nutrition, budgeting, and health; and individual and group counseling to assist with post-abortion healing. This counseling program, called Lumina, helps a person through the dark aftermath of an abortion experience. Periodic retreats and days of recollection are offered throughout the year.

(800) 723-8331

(877) 586-4621 (for post-abortion counselling specifically)



## **OTHER HELPFUL ORGANIZATIONS**

### Child Safety Seat Inspection

Generally, fire departments, police departments, and hospitals offer free child safety seat lessons. Some local programs may give away free child car seats if you take this class. For more information on how to find a Car Seat Check event near you check here:

<https://www.safekidswi.org/events/Community-Events>

#### **Children’s Hospital of Wisconsin Booster and Car Seat Clinic**

<https://www.chw.org/childrens-and-the-community/families-and-clients/injury-prevention-and-wellness/car-seat-safety>

Call Central Scheduling at 414-607-5280 to make an appointment.

#### **Aurora Medical Center-Grafton**

Visit [aurorahealthcare.org](http://aurorahealthcare.org) and search Grafton classes to make an appointment.

#### **Cedarburg Police Department**

Call Officer Tom Shellinger at (262) 375-7620 to make an appointment.

#### **Thiensville Fire Department**

Call Dep. Chief Joel Deutsch at (262) 242-3393 to make an appointment.

#### **Washington Ozaukee Public Health Department**

121 W Main St

Port Washington, WI 53074

Call Kim Buechler at (262) 284-8170 to make an appointment.

### Transportation

#### **Free Charity Cars\***

<http://www.freecharitycars.org>

Apply for a car: <https://freecharitycars.org/vehicle-request-form/>

Contact: <http://www.freecharitycars.org/contact-us>

Established in 1996, The Original 1-800-Charity Cars, [www.800CharityCars.org](http://www.800CharityCars.org) (DBA: Free Charity Cars), is a 501© (3) non-profit charity with its stated mission “To engage in activities

that will uplift humanity”. The organization’s focus is to provide free donated vehicles to struggling families to assist them in their transition from dependency to self-sufficiency.

## Other Recommendations

### **Stand Up Girl**

[www.standupgirl.com](http://www.standupgirl.com)

Stand Up Girl offers a popular forum, blog, and chat room that connects young women from all over the world who share their stories of hope and courage. The website has real life stories of girls facing their own crisis pregnancies. The StandUpGirl.com team provides personal and individual guidance and concern to women experiencing unplanned or challenging pregnancies.

Find more help and resources at  
**<https://www.standingwithyou.org>**

Contact Concordia's Students for Life chapter at  
[cwstudentsforlife@student.cuw.edu](mailto:cwstudentsforlife@student.cuw.edu)