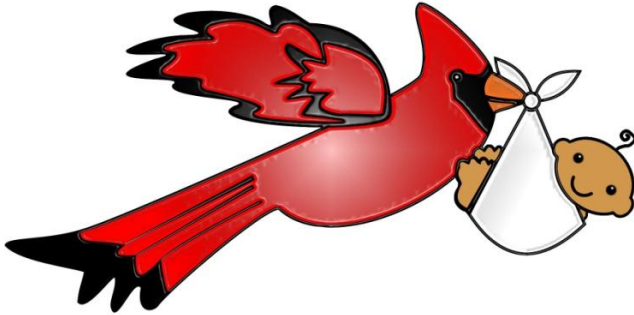


AWC'S Pregnancy Resources

Fall 2011-



Spring 2012

A Resource Guide compiled by A Woman's choice on campus to answer the many questions you may have about being a pregnant student at the university of Louisville.

(502) 641-0749 · 101 W Market St, Louisville, KY 40202
AWConCampus@gmail.com · www.awomanschoice.org

If you are pregnant, all the pregnancy related details of the next 9 months may seem a bit overwhelming, but take comfort because we are here to help.

A Woman's Choice is dedicated to helping women like you succeed in continuing both their education and their pregnancies.

PLEASE NOTE: A Woman's Choice on Campus and A Woman's Choice Resource Center has compiled the resources listed herein as a guide for pregnant students. Listing in this guide is not necessarily an endorsement or recommendation of the quality of care and warranty of services. A Choice for Life, Inc, its employees, volunteers, and directors are not responsible for any of the practices of any of the following organizations or service providers. We invite your feedback and comments on the providers and services listed in this guide so we can better serve our future clients. Thank you.

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Adoption Resources

Many women who do not feel ready to parent, but still want to do what's best for their baby, consider adoption. Adoption may or may not be the best choice for you and your baby. There are birth-parent counselors that would be happy to meet with you on or off campus and help you walk through the decision-making process. Some adoption agencies you may wish to contact are:

Love Basket

Contact: Sarah Price

Phone: (502) 423-5780

Email: sarahp@lovebasket.org

Website: www.LoveBasket.org

childplace

Contact: Nicole Stone

Phone: (812) 282-8248

Email: nicoles@childplace.org

Website: www.childplace.org

***Brochures are available at A Woman's Choice Resource Center for the above agencies available upon request. Please see the following pages for FAQ about adoption from the Love Basket's website.

PLEASE NOTE: A Woman's Choice Resource Center is not a licensed adoption agency. We view adoption as one alternative available to you as you make plans for the future. The choice to parent or to place for adoption is a choice only you can make. If considering the possibility of adoption, you are advised to meet with an adoption agency representative at their office or on campus to further discuss this possibility. If you decide to contact one of the above agencies, we will give you a copy of our adoption disclaimer to sign. Thank you,

10 Questions Women Ask About Adoption

1. How can anyone carry a baby for 9 months and then give it away?
That's the toughest question to answer; and it's not a simple answer either. It takes a lot of love to do something that will ultimately be very difficult for you. It's hard to understand now how rewarding it can be to realize you have given a loving couple something they are unable to give themselves. Of course, the main person in the equation is your child. By selecting a loving family, you are choosing to give your child what you can't give him on your own.
2. Who selects the parents for my baby?
You do! You will be given profiles to read and pictures to look at compiled by waiting parents. Your child will grow up with the family you select.
3. Will I ever see my baby?
That depends on you and your preferences. You choose the level of openness you want in your adoption. You can see and hold your baby in the hospital, you can meet the adoptive parents, you can give the baby small gifts. After your baby goes home with her adoptive family you can receive picture, letters, videos and even arrange visits. "Open adoption" is a way for you and your child to know each other while she is growing. On the other hand, you may choose as little contact as you like. Adoptive parents respect your privacy as well as your need to know your child is being well cared for.
4. How soon will my baby go home with his adoptive parents?
That depends on two things – your choice of how soon that should happen and what the laws are in your area. Usually your child is able to be with his parents very soon after his birth.
5. What about the birthfather? Does he have rights?
Yes, he does, and birthparent counselors will be happy to talk with him, too. If you are no longer in a relationship with him, birthparent counselor will contact him about terminating his parental rights. If

you are still together, the adoption agency of your choice will be happy to work with you as a couple.

6. How can I be sure my baby will be well cared for?
Adoptive parents are carefully screened and professional social workers examine their background, their marriage, and their ability to be good parents. You also have the option of staying in contact with them so you can see for yourself how your child is doing.
7. Is this going to cost me any money?
Agency services are free to you and all legal and medical fees will be paid by the adoptive family after the adoption takes place.
8. Am I selfish to consider adoption?
Adoption is a gift of love in every way. You are a caring and unique person because you are willing to at least look at the option of adoption. It shows that you are considering what is best for your baby. Making an adoption plan is making a choice that is loving and unselfish.
9. If I decide to make an adoption plan today, can I still change my mind?
This is a serious decision and one that will eventually become permanent. You may still change your mind after the birth of your baby, up to the time your parental rights are terminated.
10. What happens after the adoption?
Birthparent counselors will stay in contact with you and help you follow up on the goals you have set during your pregnancy. They will help you talk through your feelings, and make sure you know you're not alone. Some birthmothers keep in contact with their birthparent counselor for years, always knowing there will be a caring voice on the other end of the phone if they need to talk.

The questions above were produced by an adoption agency named Love Basket (some modifications were made). These questions can be found by going to their website www.lovebasket.org, under FAQ. Accessed May 13, 2011.

Housing Resources

Louisville Scholar House

Family Scholar House's mission is to end the cycle of poverty by giving single-parent students the support they need to earn a college degree. In addition to housing, their services provide vital educational and family services including academic advising and case management for single-parent students. It is located near U of L's campus on the corner of Fifth and Bloom. Whether you are a college student who is pregnant or are currently a single mom, Family Scholar House can help you achieve your educational goals. Their campus, called the Louisville Scholar House, has onsite child care referred to as The Early Learning Campus as well as 56 residential apartments.

Due to the growing demand for services, Family Scholar House opened a second location in January of 2011 called the Downtown Scholar House, designed to serve 54 additional residential families. This campus, on the corner of Breckenridge and First Street in the downtown Louisville, is one block from Spalding University, two blocks from Jefferson Community and Technical College, and on the First Street bus route to U of L. Family Scholar House is currently building a third location that will open April of 2012.

contact information:

Location: Corner of Fifth and Bloom and
: Breckenridge and First Street

Email: KAdams@familyscholarhouse.org

Website: www.familyscholarhouse.org

Phone: (502) 584-8090



June 20, 2010

Student-parents get housing help, Scholar House breaks ground on new location

by WHAS11 News WHAS11.com Posted on June 29, 2010 at 6:33 PM

Louisville, Ky. (WHAS11) – One of the most coveted places for Louisville’s single parents to live is about to get bigger.

The Family Scholar House held a ground-breaking ceremony on Tuesday to announce the development of Downtown Scholar House, a second apartment complex of affordable student housing for young parents pursuing college degrees.

Construction of the facility began last month.

The new campus is located on the corner of First Street and Breckinridge Street. Besides housing, an on-site academic services center will be available for student-parents, and a playground will be built for their children.

Cathe Dkystra, the President and CEO of Family Scholar House, said 56 families will be able to move into the downtown complex in January 2011. She said the need for housing is tremendous. Their current facility has space for 54 families, but they have a waiting list of 637 student-parents.

Dykstra said they’re already planning a 3rd Scholar House at the old Stoddard-Johnson School on Bradley Avenue. They plan to break ground there next fall, with a move-in date of late 2011 or early 2012.

One of the students who won a spot at Family Scholar House is Spalding freshman, LaKrista Jones. She lived in a homeless shelter for some of her childhood, and said she wants a different life for her two-year-old daughter, Journey.

“I look forward to living in a community with other families who are in the same situation as I am, and are trying to reach goals similar to mine,” she said. “I will be able to live close to campus, and know Family Scholar House will help me as much as they can to ensure that I will be successful and finish college.”

To stay eligible in the Scholar House program, students need to be in school full-time, and maintain a “C” average. The housing remains affordable, at either 30% of their salaries from work, or free if they don’t have a job outside work-study.

Most of the students attend Spalding University, Jefferson Community & Technical College, or the University of Louisville.

Lifehouse Maternity Home

Lifehouse is a beautiful off campus maternity home designed to house women during and sometimes after their pregnancies. Lifehouse staff considers the home to be a “community resource for women and families facing an unexpected pregnancy. We provide for the spiritual, emotional, physical and intellectual needs of pregnant and/or parenting teens and women and their children, both born and unborn, in a Christ-centered home environment” (www.lifehouselouisviller.org).



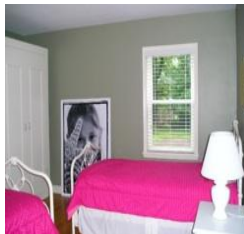
contact Information:

Location: 2710 Riedling Dr, Louisville, KY 40206

Phone: (502) 897-1655

Email: sondrajw@gmail.com or joan.smith@lifehousecenter.org

Website: www.lifehouselouisville.org



University Tower Apartments

These on campus university apartments are located on 3rd street on the west side of campus and women with dependant children are welcome to live there. Be aware that housing policies do require that a student maintain a full time status and are required to be part of the Meal Plan Program.¹ Monthly rates for a family are as follows:²

\$686 for a Small Efficiency

\$715 for a Large Efficiency,

\$779 for a 1 Bedroom

\$844 for a 2 Bedroom.

contact Information:

U of L Housing:

124 Stevenson Hall

Louisville, KY 40292

Phone: (502) 852-6636

Tower Apartments Front Desk Phone: (502) 854-4632

Building Manager, Hannah Piechowski: (502) 854-3220

***Please visit Louisville.edu/housing for an online application.

¹For a more detailed explanation of housing policies, please visit www.louisville.edu/housing/policies/standards/assignpolicy.html

²Pricing drawn from www.louisville.edu/housing/housingoptions/oncampus/rates; subject to change. Please visit website for current pricing.

RoseHaven Transitional Home

RoseHaven is a home located in Oldham County that welcomes women who are encountering a major transition or crisis in their lives. RoseHaven allows for both expectant mothers and mothers with children to reside in their facility. Rosehaven's staff provides support and help with parenting, budgeting, life skills, transportation, medical care, obtaining employment, and more. There is no cost to live at RoseHaven Transitional Home, but residents are expected to fully participate in the RoseHaven program.

Additional Information

4C's does provide financial assistance for childcare to mothers who reside in Oldham County.

There is bus transportation available. The TARC bus stop is a half a mile away from RoseHaven and would take you into downtown Louisville. Once downtown you would need to catch another bus to get to U of L's campus. Fortunately, you can present the bus driver with your U of L Cardinal Card and you can ride the TARC anywhere, anytime for free.

If you would like to have an application mailed to you or want more information please call the number below.

contact Information:

Sue Rueff, Case Manager, RoseHaven Transitional Home
Stephanie Skeens, Program Director, Good News Shelter Corp

Address: 210 E Madison St.
LaGrange, KY 40031

Phone: 502-225-0493 or 502-225-0351

Email: srueff55@gmail.com or stephanie@goodnewshomesky.com

Website: www.goodnewshomesky.com/

Section 8 Rental Assistance

The Section 8 program describes itself to be “a federally funded program designed to help eligible low income families secure decent, safe and sanitary housing.”³ This program administers vouchers that would financially assist you in funding a place to live. A list of apartment complexes that accept Section 8 vouchers can be found on their website under “Properties for Rent.” There are properties available for rent near campus, please see website for an updated list. We would highly recommend visiting the location before you commit to living there. The steps to apply for Section 8 can also be found on the website under the link “Application for Section 8 Housing.”

Eligibility

Section 8 requires that your income be below the following, depending your household size:⁴

Number of Persons in Family	Maximum Gross Annual Income
2	\$24,750
3	\$27,850
4	\$30,900

Section 8 does allow students, who are at least 18 years of age, to participate in this program, so long as they have a dependant and meet the income requirements. For more information, please contact Section 8.

contact information:

Website: www.lmha1.org/section8

Phone: (502) 569-6076 (Monday - Thursday, 1:00 - 4:00PM)

³Drawn from <http://www.lmha1.org/section8>; accessed July 5, 2011.

⁴ Draw from http://www.lmha1.org/section8/pdfs/application_infor_sh783F8D.pdf; accessed July 5, 2011.

Insurance

Student Medical Insurance Plan

Coverage overview:

U of L's Student Insurance Plan does cover pregnancy related fees, such as prenatal care and delivery. The details of coverage are as follows:

- \$250 deductible Uof L physicians (ULP),
- \$500 deductible in-network physicians
- \$1000 deductible out of network
- Coverage for OB healthcare
 - 90% coverage through UofL Physicians (ULP)
 - 80% coverage for in-network physician (You must receive a referral for an in-network physician form Campus Health.)
 - 75% for an out of network physician
 - As with other types of medical care, co-pays and deductibles apply.

The baby is covered for 31 days after birth by mother's policy but for sick visits only. After 31 days the child will need his/her own insurance to be further covered.

For additional information on coverage, please call:
Academic HealthPlans at (888) 308-7320 or Linda Westenhofer,
the Insurance Advocate for Campus Health, at (502) 852-6519.

Policies and Procedures:

If you are pregnant and have the Student Health Insurance Plan, you will first need to visit one of the Campus Health Services clinics. They do not provide prenatal care on site but they will give you a referral to an OB physician that takes your insurance. You can reach Campus Health at (502)852-6479 on the Belknap campus or (502)852-6446 on the Health Science Campus.

Insuring Your Child:

The Student Health Insurance Plan does allow eligible applicants to add their child onto their insurance once he or she is born. The rates for the 2011-2012 academic year are as follows:

Student only: \$1008.00 per semester

Child: \$1,518.00 per semester

Student and child: \$2,526.00 per semester

If you are insured for the spring semester, you will be insured for the summer semester as well.

Summer only: Student only: \$515.00

Child: \$766.00

Student and child: \$1,281.00

There may be other lower cost health care options available. Please contact (502) 852-6519 to inquire about these options. Please note that to remain eligible for the Student Health Plan, degree seeking students would need to take at least 6 credit hours after their child is born. Also, you would have 30 days after the birth of your baby to add him or her to your Student Health Plan.

contact Information

Location: Belknap: 215 Central Ave., Suite 110. Louisville, KY

40208HSC: 401 E. Chestnut St, Suite 110 Louisville, KY 40208

Passport Insurance

If you do not have insurance, you may be eligible to qualify for Passport. Passport is a government funded health plan that serves 16 counties within Kentucky (including Jefferson County). If you are eligible, you would then have the needed financial resources to cover medical expenses related to pregnancy.

Eligibility:

Eligibility can be determined by a visit to the Passport office at the L&N Building. Please call the number below first and bring the following with you to your first appointment:

- A Proof of Pregnancy, which you can obtain at A Woman's Choice Resource Center (101 W Market St, (502) 589-9400).
- Picture ID
- Social Security Card
- Proof of income or no income for the past 3 months.
- If you have a savings account, please bring your statements from the past 3 months.

contact Information:

Location: L&N Building, 305 West Broadway, 3rd Floor, 40202

Phone Number: (502) 585-7900

(800) 578-0603 (Member Services Phone)

Hours of Operation: M-F 8am-8pm

Website: passporthealthplan.com

Medical Information

PLEASE NOTE: A Woman's Choice on Campus and A Woman's Choice Resource Center has compiled this listing of doctors as a guide for pregnant students. This is not a comprehensive list of OB/GYN providers in the Louisville Metro area. Listing in this guide is not necessarily an endorsement or recommendation of the quality of care and/or warranty of services. A Choice for Life, Inc, its employees, directors, and volunteers are not responsible for any of the practices of any of the following organizations or service providers. We invite your feedback and comments on the providers and services listed here in this resource guide so that we can better serve our future clients.

U of L's Resources

Finding a U of L Physician:

U of L provides a phone number you can call to find a University doctor that takes your insurance. You would call (502) 813-8585 and they would look up the kind of doctor you need (in the case of pregnancy, an OB/GYN or Pediatrician) and within the spectrum of doctors, which would accept your insurance. Those who have the university's student health plan through Academic Health Plans would either not have to pay a co-pay or would have a reduced co-pay.

The University Women's Healthcare doctors who specialize in OB care are located at the following address:

contact information:

Location: 401 E. Chestnut St, Suite 470, Louisville, KY 40202

Phone Number: (502) 271-5999

Website: www.universitywomenshealthcare.com

***The University Women's Healthcare does accept Passport for their OB and Pediatric patients.

U of L's Free classes Expecting and New Moms

The University Hospital is committed to educating you on what you will experience during labor and delivery, how to care for a new baby, and the changes your body will go through after you have your baby. For more information on these classes, please contact the Hospital via information below:

contact Information:

Location: 530 S Jackson St., Louisville, KY 40202

Phone Number: (502) 562-3325

Website: www.uoflhealthcare.org

Type "Baby Classes" in Search Bar

M.D.'s outside of U of L

J. Kristen Basham M.D., Heath E. Brown M.D.

East End Obstetrics & Gynecology

Dr. Basham and Dr. Brown deliver at Baptist. Please call to ensure that this practice takes your insurance before scheduling an appointment.

They will accept a limited number of Passport patients.

contact Information:

Location: 141 S English Station Rd # 200, Louisville, KY 40245

Phone: (502) 244-3456

Also Located: 720 Hospital Dr # 112, Shelbyville, KY 40065 Phone:
(502) 633-0094

Art Boerner M.D.

Dr. Boerner is located in Indiana and therefore delivers at Clark Memorial. Please call to inquire about what kind of insurance he accepts.

contact information:

Location: 1407 Spring St # 2, Jeffersonville, IN 47130

Phone: (812) 288-9646

James M. Graham M.D., Women's Care Physicians

Dr. Graham accepts Passport insurance and delivers at Suburban and Baptist East.

contact information:

Location: 4130 Dutchmans Ln # 400, Louisville, KY 40207

Phone: (502) 897-0697

James M. Link M.D., Partners in Women's Health

Dr. Link accepts Passport insurance for pregnancy and delivers at Baptist East and Suburban.

contact information:

Location: 3940 Dupont Circle, Louisville, KY 40207

Phone: (502) 895-1111

Also Located: 175 S English Station Rd., Louisville, KY 40245

Phone: (502) 895-1111

Dr. Pietrantonì for High Risk Pregnancies

Dr. Pietrantonì is a Perinatologist which means he has received additional schooling so that he can help both mothers and unborn babies who may have health complications during pregnancy. For instance, a mother may have high blood pressure or diabetes or the baby could develop a condition while still in the uterus. Dr. Pietrantonì is trained to administer medications directly to the unborn baby and can also attend to the health concerns of the mother. He accepts most insurance, including Passport, and is also fluent in Spanish and Italian. Dr. Pietrantonì delivers at Nortons Downtown.

contact Information:

Location: 210 East Gray Street, Suite 602, Louisville, KY 40202

Phone: (502) 582-6900

Website: www.kppsc.com

Robert L. Schweitzer M.D.

Dr. Schweitzer accepts Passport for pregnancy and he delivers at Baptist and Norton Suburban.

contact Information:

Location: 3900 Kresge Way, St Matthews, KY, 40207

Phone: (502) 895-2489

Ronald Wright MD, Woman Care

Please call to inquire about what kind of insurance Dr. Wright accepts. He delivers at Clark Memorial.

contact Information:

Location: 301 W 13th St # 201, Jeffersonville, IN 47130

Phone: (812) 282-6114

Dr. Luis Velasco and Associates

One of Dr. Velasco's offices is located downtown and the other on Popular Level Road. He delivers at Nortons Downtown, and takes Passport Insurance. Dr. Valesco is also fluent in Spanish.

contact Information:

Luis Velasco, M.D. and Associates

Location: 601 S. Floyd Street Suite 300, Louisville, KY 40202

Phone: (502) 629-1515

Office Hours: Mon & Wed 8:30am-5:00pm, Tues & Thurs 8:30am-6:00pm, Fri 8:30am-2:00pm, Saturdays by appointment only

Also Located: 2355 Poplar Level Rd, West Plaza, Suite 200
Louisville, KY 40217

Office Hours: Mon, Wed-Fri 8:30am -4:30pm

Family Health centers

These centers were "established by the Louisville-Jefferson County Board of Health in 1976, to assure that residents of the Louisville Metro area have access to high quality primary and preventive health services, regardless of ability-to-pay."⁵

The following are the Family Health Centers which could assist you:

contact Information:

Fairdale: 1000 Neighborhood Place, (502) 361-2381

East Broadway: 914 E. Broadway, (502) 583-1981

Iroquois: 4100 Taylor Blvd, (502) 366-4747

Portland: 2215 Portland Ave, (502) 774-8631

Website: fhclouisville.org

⁵www.fhclouisville.org/index.html; accessed May 3, 2011.

Jefferson county Health Specialty Clinic

Services offered: Off-campus STD testing. The cost is \$20 which includes an exam and blood test for Chlamydia, human papilloma virus (HPV), gonorrhea, and syphilis. Also, includes HIV testing, but you must request it and sign a consent before this test will be done.

contact Information:

Location: 850 Barrett Ave, Suite 301, Louisville, KY 40272

Phone Number: (502) 574-6699

DNA Paternity Testing, DNA Services of America

Services offered: Paternity testing is done to determine the biological relationship between a father and a child. If there is a question as to whom the father of your baby might be, DNA paternity testing would give you the answer you need. On average, you will receive test results within 3-5 business days. For most accurate test results, DNA Services of America recommends the mother, child, and alleged father be tested.

Items to take to appointment:

- Photo ID for adults
- Social security numbers for everyone over one year of age
- Addresses where result reports should be mailed
- Payment for test (Please call 866-436-2762 for pricing)

contact Information:

Address: 4010 Dupont Circle, Suite # 403, Louisville, KY
40207

Phone: (502) 895-3628

Maternity clothes and Baby Items

A Woman's Choice Resource center

Services offered: A Woman's Choice provides clients once every three months with baby clothes, diapers, blankets, maternity clothes, and more. Appointments are strongly encouraged.

Location: 101 W Market St, Louisville, KY 40202

Phone Number: (502) 589-9400

Hours of Operation for Receiving Items: Wednesday 8am-11am, Friday 8am-11am. **Please bring photo ID.



Golden Arrow

Services offered: Clients may receive emergency diapers, food and formula once per month. Can receive additional maternity clothes, baby clothes, and baby items if certain requirements are fulfilled (see website for more details).

Location: 626 S Shelby St, Louisville, KY 40202

Phone Number: (502) 589-3537

Hours of Operation: M-Fri 9am-11:30am. Please bring photo ID and proof of children (social Security card, medical card, or a state birth certificate).

Email address: www.goldenarrowcenter.org

Infant Resource center

Services offered: Gives out baby items such as diapers, clothes, formula, etc.

Location: **Appointment only. Please call to make an appointment and location of office will be given at that time.

Phone Number: (502) 584-2343

Hours of Operation: M-Th 10am-3:30pm

child safety seat Inspection site

Services offered: Can inspect car seats for safety. They may be able to refer you to a resource for a car seat if it is available at the time.

Phone Number: (502) 629-7337, ask for Child Safety

Kids consignment sales

For discounted baby items and children's clothes please visit the websites below for a listing of upcoming consignment sales:

- www.littletreasuresale.com
- www.kidsconsignmentsales.com/ky.htm

Hope in Highview

Services Offered: Clothes Closet available through Victory Baptist Church on Mondays and Tuesdays. Other times are available.

Phone Number: (502) 345-4155

Hours of Operation: Mondays and Tuesdays 10am-1pm

Schumann center

Services Offered: Clothing sizes 8-Adult

Phone Number: (502) 589-6696

Hours of Operation: Monday-Friday 9am-11:45am

Assistance with Food

WIC

The purpose of Women Infants & Children (WIC) is to ensure that women and their children are eating the nutritious food their bodies need. WIC provides eligible applicants with checks to purchase designated healthy foods from local grocery stores. They also offer education regarding nutrition and referrals to medical professionals.

Eligibility⁶

A woman's total household income must be equal to or lesser than the following:

Household Size	Monthly Income (before taxes and deductions)
1	\$1,670
2	\$2,247
3	\$2,823
4	\$3,400
5	\$3,976

***For a woman who is pregnant, her unborn child counts as 1 person in her total household size.

⁶Eligibility requirements pulled from WIC's web page at www.louisvilleky.gov/Health/Clinics/WIC; accessed July 8, 2011..

Applying for WIC

The following clinics are operated by the Louisville Metro Department of Public Health and Wellness and would be happy to provide you with more information about applying for WIC. Please call to make an appointment and for information on what to bring to the appointment:

L & N

908 W Broadway
(502) 595-3121

South Central Neighborhood Place

4255 Hazelwood Dr.
(502) 485-7141

Neighborhood Place Barrett

810 Barret Ave
(502) 574-6680

Groceries

Dare to care Food Bank

Dare to Care is a food bank designed to help end hunger in participating counties. If in need of groceries, please call the number below and they will direct you to a food pantry or emergency kitchen near you. Those in need can use their services up to four times per year.

Phone: (502) 966-3821

Website: www.daretocare.org

Angel Food Ministries

This ministry helps families who are struggling financially obtain affordable groceries. Please visit their website for online ordering or call for more information or local locations.

Phone: (877) 366-3646

Website: www.angelfoodministries.com

Email: angelfood@angelfoodministries.com

Supplemental Nutrition Assistance Program (SNAP) (Formerly Food Stamps)

The federal government has set aside money to ensure that Americans are eating nutritious foods. If eligible, the SNAP program would help pay your grocery bills so that both you and your child can eat well while you attend school.

Eligibility for Students

- Be a single parent who has a child under 6 years of age in the home.
- The applicant must not have over \$2,000 in cash and bank account assets. Student loans do not count as assets.
- One's income may also affect eligibility. Income requirements are based upon household size, sources of income, and income deductions.

Please visit the local Family Support office to file an application:

contact information:

Family Support Office Location: L & N Building, 908 W Broadway,
Louisville, KY 40203

Phone: (502) 564-7050, ask to be transferred to Food Benefits.

Website: www.chfs.ky.gov/dcbs/dfs/foodstampsebt

Financing Your Education

Being a new mom while trying to finish your education can be a very intimidating situation. However, several programs, both federal and private, are eager to help you fund your education. The following information will assist in financing both your schooling and your living expenses as you complete your education.

Financial Aid at U of L

Your pregnancy and birth of your child will change how you file for financial aid and can in fact expand your eligibility for financial aid. Because you most likely filed for the Free Application for Federal Student Aid (FAFSA) before you knew that you were pregnant, you will need to visit the Financial Aid Office to let them know about your pregnancy immediately. Financial Aid Counselors will be able to assess your specific situation based on dependency status, due date of your child, income, etc.

contact information:

The student Financial Aid Office is located in Room 110 in the Houchens building.
Or you can call (502) 852-5511 and ask to speak to an adviser.
Website: www.louisville.edu/financialaid

Kentucky Transitional Assistance Program (K-TAP)

The Kentucky Transitional Assistance Program, or K-TAP, is a program offered by the state of Kentucky that is designed to help families with dependant children. If you are eligible, K-TAP can offer temporary cash assistance and employment search assistance. For more information or to apply for K-TAP, please visit one of these two local offices:

Family Support

908 West Broadway
L & N Building
Louisville, KY 40203
Phone: (502) 595-4238

Child Support

315 West Muhammad Ali Blvd.
Louisville, KY 40202
Phone: (502) 574-8300

Kentucky's Cabinet for Health and Family Services has put together the following chart so that families can know approximately how much cash assistance they could receive if eligible:

Income and Resource Limits⁷

Family Members	Monthly Gross Income Limits	Maximum Payment Amounts
1	\$742	\$186
2	\$851	\$225
3	\$974	\$262
4	\$1096	\$328

⁷Chart accessed from The Cabinet for Health and Family Services; <http://chfs.ky.gov/dcbs/dfs/ktap.htm>; accessed July 8, 2011.

U of L's Scholarship Opportunities

K-TAP Students Fund

The Women's Center offers K-TAP eligible students the opportunity to take part in a paid internship in their field of interest that may fulfill K-TAP's work requirements. Please contact Mary Karen Powers at the Women's Center at (502) 852-8976 for more details.

Talbots Women's Scholarship Fund

Scholarships through the Talbots Women's Scholarship Fund financially assist women who are returning to school to complete a college degree after having received a high school diploma or GED at least 10 years ago. Every year this foundation awards 10 female students each with a \$15,000 scholarship and 1 student with a \$30,000 scholarship. If you meet this criteria, please visit www.scholarshipamerica.org/talbotswomen/instructions.php.

River City Business & Professional Women's Scholarship Foundation

This grant is designed to help women who demonstrate financial need and who are 21 years old or older (by March 1st in the year of application), for the purpose of continuing their education. Please visit the Women's Center Financial Aid Website for more information: <http://louisville.edu/womenscenter/financial-aid>.

Women Leading Kentucky Scholarships

This \$1,500 scholarship is given to approximately 8 female freshmen, sophomores, and juniors who are full time students. Applicants must have a GPA of 3.0 or higher and demonstrated skills in leadership in the community and/or on the U of L campus. Please visit www.womenleadingky.com for more information or to fill out an online application.

The Diversity Center's Woodford R. Porter Sr. Scholarship

U of L's Diversity Center offers this scholarship to an Africa-American student who displays academic competency and who practices both leadership and service. Please contact the Diversity Center for more information. Located in Grawemeyer Hall, 2nd Floor, (502) 852-7538.

Mary Craik Scholarship

The Women's and Gender Studies center offers a scholarship which gives preference to single parents. The applicant must have a GPA of 2.5 or above and have completed at least 24 undergraduate hours at U of L. Please visit www.louisville.edu/wgs/scholarships-and-awards.html to download the application.

Other scholarship opportunities

- Please check for outside scholarship opportunities on U of L's Financial Aid webpage under "Scholarships / Outside Scholarships." This list does change so it would be beneficial to check it periodically.
- Depending on your major you may qualify for a scholarship within your department. Please go to U of L's Student Financial Aid page and click U of L Departmental Awards to see if you are eligible.
- U of L also offers continuing students the opportunity to apply for scholarships. Please go to U-Link, Student Services, Financial Aid / Apply for Continuing Undergrad Academic Scholarship to see if you are eligible to apply.

Other Financial Support

Child Support

According to the federal government, every child is entitled to receive financial assistance from both parents. Therefore, it is important to secure child support payments for your child as soon as possible if you and the baby's father are not married. The steps to securing these payments are as follows:

1. The baby's father calls (888) 675-7425 to receive information on how to formally acknowledge paternity (fatherhood).
2. You and the baby's father will then visit www.chfs.ky.gov/dis/cse and under "How to Calculate your Child Support Obligation" fill out the CS-71.
3. Based on the CS-71, the baby's dad budgets the determined amount and sends monthly checks payable to Kentucky Child Support Enforcement Program to P.O. Box 14059, Lexington, KY 40512.
4. You will then apply for Child Support Services also found at www.chfs.ky.gov/dis/cse or visit your local child support office listed below.

If you have additional questions about child support services, or there is a lack of involvement from the father please request a brochure from A Woman's Choice and/or contact the child support office below.

Contact Information:

Phone: (502) 443-1576 (Phones answered M-F 9:00am-3:00pm)

Address: 315 W. Muhammad Ali Blvd, Louisville, KY 40202

Email: jcaocs@ky.gov

Website: www.chfs.ky.gov/dis/cse

Mom's closet Resource center

Mom's Closet offers a program called "The Life Plan" that could be of great financial benefit for the college student. The Life Plan is for "single moms who are currently attending a University, College, or Institution of Higher Education (IHE) accredited by the state of Kentucky. After qualifying for the program, moms who are admitted into the program could receive help with rent, utilities, water and other financial assistance."⁸

Further, moms in this program can access their Mom's Closet food pantry once every month. Moms that are not in the program can also access the food pantry once every three months.

contact Information:

Phone: (502) 245-9899

Email: momsclsetcenter@aol.com

Website: www.momsclosetinc.com

Healthy Start

Healthy Start describes itself as a, "parenting and support program for families."⁹ They seek to lower infant mortality in target Louisville neighborhoods by helping with prenatal care. Expectant mothers are assessed by a Public Health nurse, followed by monthly visits from a Healthy Start Resource Worker. During pregnancy, the resource worker can help you find a health provider, schedule appointments, offer health and nutritional advice, and provide incentives to the Healthy Start Store for food or baby items. Healthy Start can continue to work with you after the birth of your child by referring you social services such as parenting classes.

contact Information:

Phone: (502)-574-MOM-1

Website: www.louisvilleky.gov/Health/PersonalandPopulation/healthystart.htm

⁸Information drawn from <http://www.momsclosetinc.com/page2.html>; accessed May 3,2011.

⁹Information drawn from <http://www.louisvilleky.gov/NR/rdonlyres/2230C8B6-8B39-4D6A-BE5D-37B1D299309A/0/HealthyStartbrochureDraft5.pdf>; Accessed May 3,2011.

child care Information

There are many child care options for you and your child while you attend class. Financial assistance may also be available to you for child care.

U of L's Early Learning center



The Early Learning Center is a beautiful facility operated by U of L to care for your child(ren) while you are in class. It is located on the corner of 5th and Bloom and designed for children from 6 weeks to 4 years of age. If you would like to view the facility, tours are given every 2nd and 4th Thursday at 10:30am. Please call (502) 852-3521 to make tour reservations.



ELC Tuition Information for 2011-12 School Year¹⁰

Full Day Program

Classroom	5 Days a Week
Infants	\$175
Toddlers	\$165
Two-Three Years	\$150
Three-Five Years	\$140

*Please note that beginning in Fall 2011, the ELC will only be able to offer full-time care to newly enrolling families. As a result, we have only listed their Full time (or 5 day rates).

contact information:

Phone: (502) 852-3521

Website: www.louisville.edu/education/elc

Hours of Operation: 7:00am-6:00pm

¹⁰Information drawn from <http://louisville.edu/education/elc/ELC-handbook-6-11.pdf>, Accessed July 8, 2011.

community coordinated child care

One of the purposes of Community Coordinated Child Care (4-C's) is to provide financial assistance for child care for those who are both students and working at least 20 hours a week (student teaching and/or an internship program may fulfill this requirement). Income requirements also must be met, so please see the website below for these requirements.

If you have not yet selected a child care provider, 4-C's has a list of licensed or certified providers for you to choose from. Please call (502) 636-1358 to speak to a referral counselor and select a child care that suits your needs. Once you select a child care provider, visit "Help Paying for Child Care" from the 4-C's website to access the Appointment Checklist to view what will be needed at the time of your appointment.

contact information:

Website: www.4cforkids.org/parents

Phone: (502) 636-1358

Location: Central Office, 1215 South Third St,
Louisville, KY 40203

Resources for Indiana Residents

Insurance:

Hoosier Healthwise (HHW) Program:

If you are a resident of Indiana and do not have health insurance you may be eligible to apply for government assistance. HHW is Indiana's Medicaid program for low income families, pregnant women, and children. Based on your income, this program covers medical care like prenatal visits, prescription medicine, labor and delivery, at little or no cost.¹¹

Eligibility:

There are two different medical plans that you may be eligible for. The first plan ensures you receive full medical coverage whereas the second would cover the medical expenses you incur due to solely to your pregnancy. Eligibility is based upon your family size and monthly income.

If you are over 19, count yourself, your unborn baby, your spouse (if married), and the children in your home to determine your family size. If you are under 19, count yourself, your unborn baby, your parents, and brothers and sisters (if they live with you) to determine family size. Once family size is determined, please review the chart on the next page.¹²

¹¹Information drawn from <http://member.indianamedicaid.com/programs--benefits/medicaid-programs.aspx>; accessed May 3, 2011.

¹²Information drawn from <http://www.in.gov/fssa/ompp/2997.htm>; accessed May 3, 2011.

Full Medical Coverage: Pregnancy Related Coverage:

Family Size	Income Limit (Per Month)	Income Limit (Per Month)
2	\$229.50	\$2,452
3	\$288.00	\$3,089
4	\$346.50	\$3,725
Asset Limit	\$1,000	N/A

How to Apply:

Applications can be found online, mailed to you by your local Division of Family Resources office (DFR), or they can be obtained at an enrollment center near you. Please see Contact Information on next page to access the application online.

You will need the following in order to apply:

- Names and dates of birth of household members
- Social Security Card
- Proof of Income (including current benefits)
- Amount of money in your checking account, savings accounts or other resources you own.
- Monthly rent, mortgage payment and utility bills
- Payments for adult or child care Health coverage and/or medical benefits you currently have
- Proof of Pregnancy, which you can obtain at:
 - A Woman’s Choice Resource Center (101 W Market St, Louisville, KY 40202, 502-589-9400) or
 - Choices For Women (2019 E. Spring St., New Albany, IN 47150, 812-941-0872)

contact Information:

Phone: 1-800-889-9949

Website: member.indianamedicaid.com
“Apply Now for Medicaid” for online application

Local Division of Family Resources Office:

Clark County: 1021 Youngstown Shopping Center,
Jeffersonville, IN 47130, (800) 403-0864

Floyd County: Floyd County Division of Family Resources
800 East 8th St. New Albany, IN 47150, (800) 403-0864



SNAP- Supplemental Nutrition

Assistance Program

Indiana's Food Stamp Program is designed to raise the nutritional level of low income households. It enables low-income families to buy nutritious food through Electronic Benefits Transfer (EBT) cards.

Eligibility for Students

A student who resides in IN must meet one of the following criteria:

- Work at least 20 hours per week (and receive pay for the work)
- Be responsible for a child under 6
- Be a single parent with a child under 12
- Currently participate in a higher education funded by Workforce Investment Act
- Be receiving TANF benefits or participating in a work and training program
- Meet income based criteria (available at <http://www.in.gov/fssa/dfr/2691.htm>)

How to Apply

Please visit your local Division of Family Resources office, apply online, or call the number below to apply:

contact Information:

Phone Number: 1-800-403-0864

Website: www.in.gov/fssa/dfr/2691.htm

Local Division of Family Resources Office:

Clark County: 1021 Youngstown Shopping Center,
Jeffersonville, IN 47130, (800) 403-0864

Floyd County: Floyd County Division of Family Resources
800 East 8th St. New Albany, IN 47150, (800) 403-0864

Miscellaneous Resources

What to Expect

If you would like to learn more about the changes that are occurring in your body during this pregnancy and fetal development, please visit www.WhatToExpect.com.

Domestic Violence

If you or someone you know is a victim of domestic violence, please seek help immediately. In the event of an on campus emergency, please dial 911 or call U of L's Department of Public Safety at (502) 852-6111.

PEACC Program at U of L

PEACC is a campus organization designed to prevent abuse and support victims of violence or abuse. They can be reached at (502) 852-2663 or by the PEACC cell phone at (502)714-8923 or online at www.louisville.edu/peacc.

Hosea's House

Hosea's House is a live-in program that seeks "to develop relationships with women & children in crisis and walk with them during their process of healing by offering friendship, counseling, Bible study, education, life skills, home management, parenting skills and community involvement." For more information please visit www.hoseashouse.com or call (502)-418-3458 and ask for Theresa.

The center for Women and Families

The Center for Women and Families has been serving the community since 1912 to put an end to domestic violence and abuse. They may be able to offer emergency shelter, transitional housing, counseling and advocacy. Please call their 24 hour toll free crisis line at 877.803.7577 or visit thecenteronline.org.

Counseling Resources

Post-Abortion counseling

If you or someone you know is grieving over a previous abortion, there is hope and healing available. At our downtown location, A Woman's Choice Resource Center offers confidential Post-Abortion Counseling at no charge. Please call (502) 589-9400 and ask for Theresa or you can email AWConCampus@gmail.com for more information

Parents of Young children with Disabilities

If you are expecting a baby with disabilities or already parent one, you are not alone. Southeast Christian Church leads a 6 week discussion group for families and individuals in need of hope or encouragement. Please call (502) 253-8126 and ask for Donna for more information.

Biblical counseling

Immanuel Baptist church offers free counseling services to anyone in need. "Whether you've been diagnosed by a doctor or healthcare professional with some kind of mental or emotional disorder like bipolar, schizophrenia, paranoia, or multiple personalities, or you find yourself struggling with depression, anxiety, marriage & family problems, sexual abuse, pornography, or an addiction, we want to help!" Please call (502)585-2733 for more information or visit www.ibclouisville.org.

Involvement on campus



We are an RSO (student group) on the University of Louisville's Campus that began during the Fall of 2009. We saw a great need for resources to be available to pregnant students and decided to make a difference. The Resource Guide you are holding is a product of that decision.

Our mission is to lovingly help pregnant students continue their pregnancies and education. We also uphold the biblical view of sexuality, the sanctity of life, and the Gospel of Jesus Christ. We work closely with A Woman's Choice Resource Center located downtown.

We hold bi-weekly meetings and host events on campus to raise awareness. We also want to help single moms. If you would like to be involved you can send an email to AWConCampus@gmail.com

Please follow us on the Web to know about our meetings and events!



A Woman's Choice on Campus



@AWConCampus

A Woman's Choice does not discriminate on the basis of sex, race, religion, creed, disability, sexual orientation or age. We are eager to serve anyone who is seeking our services.

A Woman's Choice is a faith based organization and our desire is to help you not only with your financial and emotional needs, but we also care about your spiritual state. Our prayer is that all of our clients come to know Jesus Christ as Savior and Lord. We would love to share more with you about Jesus Christ if you would like to contact us via the information below. You also may want to visit the websites www.whatifimpretending.com or everystudent.com for more information about Christianity.

a woman's choice



& necole's place

A note about timing: This resource guide went to print Fall of 2011. The providers listed in this guide are under no obligation to update us. Please contact us if you find the information in the guide is out of date or not accurate.



(502) 641-0749 · 101 W Market St, Louisville, KY 40202
AWConCampus@gmail.com · www.awomanschoice.org