Resource Guide

for Pregnant & Parenting Students

Concordia University Wisconsin

Resource Guide for Pregnant and Parenting Students

TABLE OF CONTENTS

THE PREGNANT ON CAMPUS INITIATIVE 6

About the Initiative 6

Resources Online 6

ABOUT OUR SCHOOL 7

Contact Information 8

Policies concerning Pregnant and Parenting Students 11

RESOURCES ON CAMPUS 13

Class Options 13

Lactation Rooms 14

Diaper Changing Stations 14

MEDICAL CARE 16

On Campus Health Care 16

Federally Qualified Health Centers 16

Other Medical Resources 19

HOUSING RESOURCES 21

University Housing 21

Local Housing 21

Rental Assistance 22

CLOTHING AND MATERIAL AID 24

Maternity Clothes and Baby Items 24

Low Cost Items 26

ASSISTANCE WITH FOOD 28

Local Food Banks 28

CHILD CARE 34

National Resources 34

University Child Care Programs 36

Other Tips for Affordable Childcare 36

Child Support 37
INSURANCE 39
Student Health Insurance Plan 39
Insurance for Low-Income Families 40
Insurance for Your Child 40
Free Breast Pumps 41
FINANCING YOUR EDUCATION 42
Financial Aid at Concordia University Wisconsin 42
Government Grants 42
Private Foundations 43
State-Specific Scholarships 46
ADOPTION 48
Local Adoption Resources 48
More Information on Adoption 48
Birthparent Support 49
OTHER PLACES TO LOOK FOR HELP 51
Local Non-Profit Agencies 51
State Assistance Programs 52
COUNSELING RESOURCES 56
Campus Counseling Services 56
Pregnancy Support 56
Postpartum Depression 60
COMMUNITY CHURCHES AND RELIGIOUS ORGANIZATIONS 61
PARENTING SUPPORT 62
Parenting Classes 62
Local Parents Groups 64
EMERGENCY ASSISTANCE 66
Campus Emergency Resources 66

Peer Support 63
Abortion Pill Reversal 67
Suicide Prevention 67
Domestic Violence 67
Sexual Assault 68
PREGNANCY LOSS 69
Pregnancy Loss 69
After Abortion Healing Programs 70
OTHER HELPFUL ORGANIZATIONS 73
Child Safety Seat Inspection 73
Transportation 73
Other Recommendations 74

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 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

Dean of Students

Mr. Joseph Niswonger
Office: AL 107
Phone: (262) 243-4331
Email: joseph.niswonger@cuw.edu

University Health Center

Renee Gosselin
Office: AL 113
Phone: (262) 243-4574
Email: renee.gosselin@cuw.edu

Counseling Services

To Schedule an Appointment
Student Wellness Intake/Triage
Phone: (262) 243-2244
Email: studentwellness@cuw.edu

Dave Enters- Director of Counseling
Office: AL 111
Phone: (262) 243-4211
Email: 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

Office of Financial Aid
Office: S 103
Phone: (262) 243-4569
Email: finaid@cuw.edu

Office of Non-Traditional Students
Danya Sasada- Lead Director of Centers
Phone: (262) 243-4239
Email: danya.sasada@cuw.edu

Academic Assistance
Janis Chapman-Director of ARC
Office: LU 200
Phone: (262) 243- 4299
Email: janis.capman@cuw.edu

Online Student Success Advisor
Susan Pipkorn
Office: GO 202 (off campus)
Phone: (262) 243-4596
Email: susan.pipkorn@cuw.edu

Campus Police
Michael Stolte- Director of Campus Safety
Office: R 023A
Phone: (262) 243- 4373
Email: michael.stolte@cuw.edu

Campus Ministry
Pastor Steve Smith- Campus Pastor
Office: AL 108E
Phone: (262) 243-4389
Email: steve.smith@cuw.edu

Pastor Doug Bender- Assistant Campus Pastor
Office: AL 108C
Phone: (262) 243-4532
Email: douglas.bender@cuw.edu

Darcy Paape- Students for Life Advisor
Office: RP 101B
Phone: (262) 243-2300
Email: 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

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** **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
Housing Choice Voucher Program:
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

Kenosha Public Housing Agency (PHA) Contact:
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(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
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 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

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
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
8501 West Lincoln Avenue
West Allis, WI 53227
(414) 727-8177
Text INFO to: (414) 465-2246
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
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
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.

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
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
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
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
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
642 Main St.
Pewaukee, WI 53072
(262) 893-8241
Hours: Wednesday & Saturday 10 - 11 am

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#despensa-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

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

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

Hunger Task Force of Milwaukee
www.hungertaskforce.org
201 S Hawley Ct.
Milwaukee, WI 53214
(414) 777-0483
Hours: Monday - Friday 8:30 am - 5 pm

Interchange
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

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

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

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

Project Concern of Cudahy/St. Francis
www.Projectconcerncudahy.org
3658 E. Plankinton Ave.
Cudahy, WI 53110
(414) 744-0645

Riverwest Food Pantry
www.riverwestfoodpantry.org
924 E. Clarke St.
Milwaukee, WI 53212
(in St. Casmir 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 (1st Saturday of each month)

South Milwaukee Human Concerns
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

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

City of Milwaukee WIC - Northwest Health Center
7630 West Mill Road
Milwaukee, WI 53218
(414) 286-8820

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

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

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

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 (MilES)
  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
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
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

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

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) 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

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
Soroptomist 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/
Jeannette 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

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 for 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

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
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

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
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
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
(877) 517-4463 ext. 804

Embrace Grace
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

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

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

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.

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

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 (MilES)
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

The Wisconsin Division of Energy, Housing and Community Resources
PO Box 7970
Madison, WI 53707
(608) 266-2035
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
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.
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
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

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

Option Line
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
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
ann@nurturingnetwork.org

Women's Support Center of Milwaukee, Inc.
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
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
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
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
Our local support coordinator, Heather Nischke, can be contacted at:
(414) 622-0942
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

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

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
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
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

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

1st and 3rd Thursdays 9 am - 11:15 am

St Paul Lutheran Church

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

701 Washington St

Grafton, WI 53024

1st and 3rd 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

2nd and 4th 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 17th Avenue, #7
West Bend, Wisconsin 53095
Mondays at 6:30 pm
262-297-1312
Led by Katherine Tobey 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
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

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

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

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

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

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 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
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 servies 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

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

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

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

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 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 (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

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
cuwstudentsforlife@student.cuw.edu