

Resource Guide

for Pregnant & Parenting Students



THE COLLEGE OF NEW JERSEY

Resource Guide for Pregnant and Parenting Students

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This resource is a project of the *Pregnant on Campus Initiative*, a nationwide effort to unite school communities to better support pregnant and parenting students. Learn more about the Pregnant on Campus Initiative at www.PregnantOnCampus.org.

The College of New Jersey Resource Guide for Pregnant and Parenting Students

This Resource Guide has been compiled for you by:

TCNJ STUDENTS FOR LIFE

TCNJ Students for Life is here to help you succeed in continuing your education by providing resources to address your unique situation as a pregnant and parenting student at The College of New Jersey. TCNJ Students for Life is happy to assist you as you seek support for your parenting and student needs.

Please contact us at prolife@tcnj.edu for more information. More information about our Pregnant on Campus Initiative can be found online at:

- Facebook: <https://www.facebook.com/TCNJ-Students-for-Life-1427029323995581/>
- <https://pregnantoncampus.studentsforlife.org/campus/tcnj/>

Our student group provides the following assistance and resources:

- Peer support
- Material aid (e.g. diapers, baby items, maternity clothes)
- Assistance scheduling meetings
- Coordinating with department's on campus
- Advocating for resources, rights, and accommodations

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.

You may direct any questions to the Pregnant on Campus Director at pregnancyresources@studentsforlife.org.

Resources Online

At www.PregnantOnCampus.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, child care, reproductive health, etc. (www.PregnantOnCampus.org/More-Information)
- Information and handouts regarding pregnant or parenting students' legal rights and accommodations
- Resources for raising awareness on your campus and in your community
- Instructions and ideas to positively impact your school community and support your peers
- And MORE!

ABOUT OUR SCHOOL

The College of New Jersey

2000 Pennington Rd
Ewing, NJ 08618
State College

Contact Information

At The College of New Jersey, 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

Jordan Draper
Brower Student Center, Room 220
609-771-3266
draperj@tcnj.edu

Dean of Students

Jordan Draper
Brower Student Center, Room 220
609-771-3266
draperj@tcnj.edu

College Health Center

Eickhoff Hall, Room 107
609-771-2889
heath@tcnj.edu

Counseling and Psychological Services (CAPS)

Eickhoff Hall 107
609-771-2247
caps@tcnj.edu

Residence Life / Housing

609-771-2301
housing@tcnj.edu

Office of Financial Aid

Green Hall, Room 101
609-771-2211
osfa@tcnj.edu

Academic Affairs

Green Hall, Room 212
609-771-3080
academic@tcnj.edu

Campus Police

In case of fire, police or medical emergency, dial 911 from any campus phone
From a cell phone: 609-771-2345
tcnjpd@tcnj.edu
Administrative Services 104

Religious and Spiritual Life

The Spiritual Center is located near
Norsworthy Hall, New Residence Hall
and Decker Hall.
For questions regarding spiritual life
contact Christina Sargiss
609-771-2451
sargissc@tcnj.edu

Policies concerning Pregnant and Parenting Students

School Policies

At The College of New Jersey, the following policy protects and supports pregnant and parenting faculty full-time and part-time faculty members and staff:

Policy on Accommodations of Nursing Mothers in the Workplace (section IX.3.5)

1. Female employees who are nursing mothers shall be entitled to reasonable break periods during normal business hours to express breast milk.
2. Each female employee who is a nursing mother shall have access to a suitable, private location, other than a bathroom, located in close proximity to her area in which to take a break period under this policy. The location shall be shielded from view and free from intrusion from coworkers and the public. The employee shall contact the Office of Human Resources at least 3 weeks prior to returning to work from leave so that arrangements may be made to secure a suitable space.
3. A female employee shall determine for herself how long and how frequent reasonable break periods should be. Generally, a maximum of thirty minutes three times a day should be sufficient. However, depending upon where the pumping space is located, some time may be needed to travel from and to the work space.
4. When an employee makes an initial request for an accommodation under this policy, it shall be the employee's responsibility to engage in a dialogue with Human Resources about the duration and frequency of leave required. Human Resources will be in contact with the employee's supervisor to make arrangements for the accommodation.
5. A request for an accommodation under this policy will be treated as a request for a flexible work schedule. An employee shall be entitled either to request reasonable unpaid break time or to use paid break or meal times for this purpose. Leave time granted under this policy may be made up at the beginning or end of the day on which leave is taken.
6. The entitlement to reasonable break periods shall last until a nursing child reaches the age of twenty-four months.

- This policy is noted on policies.tcnj.edu
- *If you have questions concerning this policy, please contact: Office of Human Resources
609-771-2282 hr@tcnj.edu

Title IX

Our school is a Title IX abiding institution.

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

We recommend that you refer to: www.PregnantOnCampus.org/Students-Rights. This webpage provides detailed information and handouts on Title IX (a federal law that protects you from discrimination).

Some protections include:

- If a student misses class due to 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 that student's athletic, merit, or need-based scholarships.
- A pregnant student cannot be kicked out of campus housing while she is pregnant. She is allowed to remain in her current housing situation for the duration of her pregnancy (after which she may be asked to move to family-friendly housing).

For student athletes:

It is recommended that you review NCAA's *Pregnant and Parenting Student-Athletes: Resources and Model Policies* (<http://www.ncaa.org/sites/default/files/PregnancyToolkit.pdf>). See the section entitled "Federal Protection Against Pregnancy Discrimination" for an outline of protections and accommodations.

Some protections include:

- You cannot be harassed or discriminated against.
- You cannot be kicked off your team to pregnancy or parental status.
- You cannot lose your athletic scholarship 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).

For more information regarding Title IX protections for pregnant and parenting students at TCNJ, please view: <https://titleix.tcnj.edu/pregnant-or-parenting-students/>

RESOURCES ON CAMPUS

Class Options

Flexible Class Options

Available class options on our campus include:

- Morning, afternoon, and evening options

Register for Classes

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

- Office of Records and Registration.
Green Hall, Room 112.
609-771-2141

Academic Support

If you are in need of additional classroom support, our school offers:

- **Tutoring Center**
Roscoe West, Suite 101
609-771-3325
tutoring@tcnj.edu
<https://tutoringcenter.tcnj.edu/>
- **Disability Support Services**
Roscoe West, Suite 121
609-771-3199
DSS@tcnj.edu
- **Center for Student Success**
Roscoe West, Suite 131
609-771-3452
css@tcnj.edu

Lactation Rooms

State Policies

In New Jersey, mothers are protected and accommodated under the following lactation policies:

N.J. Rev. Stat. § 10:5-12 (2018) makes it an unlawful employment practice to discriminate based on pregnancy or breastfeeding in compensation or financial terms of employment.

N.J. Rev. Stat §54:32B-1 (2018) exempts breast pumps, breast-pump repair and replacement parts, breast-pump collection and storage supplies and certain breast-pump kits from sales tax.

N.J. Rev. Stat. § 26:4B-4/5 (1997) entitles a mother to breastfeed her baby in any location of a place of public accommodation, resort or amusement wherein the mother is otherwise permitted. Failure to comply with the law may result in a fine.

Lactation Support on Campus

Lactation rooms are private places designated for women who are nursing their infants and/or pumping breast milk. There is a lactation pod for you to nurse or pump at:

- Green Hall Basement

This location is equip with the following items:

- Lockable door, comfortable seating, electrical outlets

For more information on lactation rooms, please contact:

- Jordan Draper, Title IX Coordinator
Brower Student Center, Room 220
609-771-3266
draperj@tcnj.edu

Diaper Changing Stations

Available Changing Stations

You can change your child's diaper at the following locations:

- Student Center, 1st Floor Restroom
- A private restroom (no changing table) is also located in the Education Building, 2nd Floor

MEDICAL CARE

Federally Qualified Health Centers

Federally qualified health centers (FQHCs) are community-based organizations that provide comprehensive primary care and preventive care (e.g. health, oral, 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: [HRSA Data Warehouse](#) or www.GetYourCare.org

Henry J. Austin Health Center, Inc.

Multiple locations:

Bellevue Location

**433 Bellevue Ave
Trenton, NJ, 08618**

Warren Location

**321 N Warren St
Trenton, NJ 08618**

Mobile Health Unit

**218 N Broad St
Trenton, NJ 08608**

Ewing Location

**112 Ewing St
Trenton, NJ 08609**

Rescue Mission of Trenton

**98 Carroll St
Trenton, NJ 08609**

Catholic Charities Location

10 Southard St.

Trenton, NJ 08609

Oaks Integrated Care Location

314 E State St

Trenton, NJ 08608

Chambers Location

317 Chambers St

Trenton, NJ 08609

Other Medical Resources

STI Testing

Free STI testing is provided at:

Choice One

1-800-497-TEST

mychoiceone.org

Multiple locations:

1764 Brunswick Ave, Lawrenceville, PA, 08648

2222 Trenton Road, Levittown, PA, 19056

2189 2nd Street Pike, Wrightstown, PA, 18940

Campus Health Services

Our campus offers the following Health Service centers and services:

Campus Health Center (if available)

<https://health.tcnj.edu/>

Eickhoff Hall, Room 107

Services:

- Laboratory testing
 - Flu
 - Strep
 - Pregnancy
 - Blood glucose
 - Urine dipstick
 - Mononucleosis

- Nurse practitioners and a physician to diagnose and treat illnesses and minor injuries
- Vaccinations
- Tuberculosis testing

InFocus Urgent Care

100 Campus Town Circle

Suite 100

Ewing Township, NJ 08628

<https://www.infocusurgentcare.org>

Services

- DOT Physical
- Travel Vaccinations
- On-site Lab, X-rays and EKGs
- Advanced Family and Primary Care
- Concierge House Calls
- Opioid Dependency Treatment

Local Pregnancy and Parenting Support (FREE!)

Choice One

1-800-497-TEST

mychoiceone.org

Multiple Choice One locations:

1764 Brunswick Ave, Lawrenceville, PA, 08648

2222 Trenton Road, Levittown, PA, 19056

2189 2nd Street Pike, Wrightstown, PA, 18940

Services:

- Pregnancy Testing
- Ultrasounds
- STI Testing
- Parenting Classes
- Infant Supplies & Materials
- Counseling
- Post-Abortion Counseling
- New Father’s Program
- Free and confidential

1st Way of Burlington County, Inc.

609-871-1431

<https://www.burlingtonresourcenet.org/search/1st-way-of-burlington-county-inc/>

500 West High St

Burlington, NJ, 08016

Services:

- Maternity and baby clothes, formula, food, and diapers
- Referrals to prenatal clinics
- Emergency tests
- Free and confidential

Blessed Margaret Home

215-245-8039

862 Langstroth Lane

Bensalem PA 19020

<https://blessedmargarethome.org>

Services:

- Maternity and baby clothes
- Counseling and classes
- Infant care and parenting skills training
- Pregnancy tests
- Housing referrals
- Adoption information and referrals

A Baby's Breath

215-442-0442

65 West Street Road Bldg B Suite 203

Warminster PA 18974

<http://www.ababysbreath.org>

Services:

- Material Aid
- Pregnancy tests
- Ultrasounds
- Free Counseling
- Housing
- Adoption Support

- Childbirth Preparation Classes

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

www.aaplog.org

On the AAPLOG website, you can find the physician directory is available to assist those who wish to locate a pro-life physician. Each of the listed physicians have affirmed pro-life values. Find your nearest pro-life physician at <https://www.aaplog.org/aaplog-physician-directory>

HOUSING RESOURCES

Local Housing

A Baby's Breath

65 West Street Road Bldg B Suite 203

Warminster PA 18974

215-442-0442

<http://www.ababysbreath.org>

Bridge of Hope

At Christian Caring Center

378 Lakehurst Road

Browns Mills, NJ 08015

Madelyn Mears-Sheldon

609-893-0700

christiancaringcenter@yahoo.com

<https://christiancaringcenter.bridgeofhopeinc.org/>

This is a 12-24 month program designed to assist families facing homelessness to achieve family stability. This includes:

- Safe and sustainable housing
- Strong and resilient families
- Supportive relationships with neighboring volunteers

More resources at:

- **CoAbode:** <http://www.co-abode.com>
- **Maternity Homes:** <http://www.hiddenchoices.org/>
- **Mercy Housing:** <https://www.mercyhousing.org>
- **Catholic Charities USA:** <http://www.catholiccharitiesusa.org/>

Rental Assistance

Temporary Assistance for Needy Families:

<https://www.benefits.gov/benefit/613>

Work First New Jersey (WFNJ)

General Information:

(800) 792-9773

State Office:

Department of Human Services

Office of the Commissioner 222 South Warren Street

PO Box 700

Trenton, NJ 08625-0700

(609) 292-3717

U.S. Department of Housing and Urban Development (Renting):

https://www.hud.gov/states/new_jersey/renting

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:

ChoiceOne

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

Multiple locations:

1764 Brunswick Ave, Lawrenceville, PA, 08648

2222 Trenton Road, Levittown, PA, 19056

2189 2nd Street Pike, Wrightstown, PA, 18940

Call: 1-800-497-TEST

Text: 267-217-3430

Resources offered

- Maternity clothes
- Diapers
- Formula
- Baby clothes
- Baby equipment

1st Way of Burlington County, Inc.

609-871-1431

<https://www.burlingtonresourcenet.org/search/1st-way-of-burlington-county-inc/>

500 West High St

Burlington, NJ, 08016

Services:

- Maternity and baby clothes, formula, food, and diapers
- Referrals to prenatal clinics
- Emergency tests
- Free and confidential

Blessed Margaret Home

215-245-8039

862 Langstroth Lane

Bensalem PA 19020

<https://blessedmargarethome.org>

Services:

- Maternity and baby clothes
- Counseling and classes
- Infant care and parenting skills training
- Pregnancy tests
- Housing referrals
- Adoption information and referrals

A Baby's Breath

215-442-0442

65 West Street Road Bldg B Suite 203

Warminster PA 18974

<http://www.ababysbreath.org>

- Material Aid
- Pregnancy tests
- Ultrasounds
- Free Counseling
- Housing
- Adoption Support
- Childbirth Preparation Classes

Low Cost Items

Goodwill

The 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/>.

- **1628 N Olden Ave**
Ewing, NJ 08638
(609) 392-2865
- **2365 East Lincoln Highway**

Langhorne, PA 19047

(267) 364-6038

- **594 Rt 206**

Trenton, NJ 08620

(609) 291-0099

Craig's List

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

Search Craig's List for inexpensive and free items. With new listings everyday, 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.)

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, consider reaching out to these local programs:

TASK: Trenton Area Soup Kitchen

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

72½ Escher Street in Trenton, NJ 08609

609-695-5456

Hours:

Monday through Thursday from 9AM to 5:30PM

Friday from 9AM to 2PM

Free Meals Served:

Monday through Friday from 10:30AM to 1PM

Monday through Thursday from 3:30PM to 5:30PM

Services:

- Free meals
- Tutoring adults
- Medical services (weekly visits from Trenton Health Team for blood pressure screening, HIV testing, counseling)
- Telephone, mail, fax and message service
- Hygiene bags
- Arts and crafts activities
- Kids' Time program

Bethel World Outreach Ministries International

931 Martin Luther King Jr. Blvd

Trenton, NJ 08638

Dinner is served Wednesday nights from 5:00 to 6:30pm

Contact the main church office for more information at (609) 656-9228 or betheldominioncenter1@gmail.com.

First Baptist Church

128 Centre Street
Trenton, NJ 08611

Dinner is served Mondays, Tuesdays, and Wednesdays from 4:00 to 5:30 p.m
For more information, please contact the Rev. Liz Congdon at (609) 393-8810 or info@firstbaptisttrenton.org.

Divine Mercy Parish at St. Stanislaus Church

60 Randall Avenue.
Trenton, NJ 08611

Dinner is served Thursdays from 4:30 to 6:00 p.m.
For more information, please call the parish administrative office at (609) 393-4826 or Frank Zelinski at (609) 216-2314.

Trinity Episcopal Cathedral

801 West State Street.

Dinner is served Thursdays from 5:00 p.m. to 6:30 p.m.
For more information, please call the Rev. Christopher Cox at (609) 902-0427.

Medallion Care Behavioral Health

1 Electronics Drive.

A mid-day meal is served Monday through Friday, noon to 1:00 p.m
For more information, please contact Amy Posner at (609) 586-0700 or medallioncare@yahoo.com.

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: <http://feedingamerica.org/foodbank-results.aspx>

- Mercer Street Friends Food Bank
824 Silvia ST.
Ewing, NJ 08628
609.278.5543
<http://www.mercerstreetfriends.org>

Food Assistance Programs

Women, Infants, and Children (WIC)

<http://www.fns.usda.gov/wic/women-infants-and-children-wic>

The purpose of WIC is to insure 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.

New Jersey Department of Health:

50 East State Street
6th Floor - Box 364
Trenton, NJ 08625-0364
(609) 292-9560

The Children's Home Society of NJ's Mercer WIC Program:

416 Bellevue Avenue
Trenton, NJ 08618
(609) 498-7755

CHS South Clinton Office:

635 South Clinton Avenue
Trenton, 08611
(609) 498-7755

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.
- In New Jersey, you can apply for SNAP online: <https://oneapp.dhs.state.nj.us/default.aspx>

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.

- Please contact the **EHS program in your area** (<http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>) for specific information about how to enroll in your local Early Head Start.

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 child care 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.

- HHS provides on its website a Head Start Program Locator Tool:
<http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>

Child Care and Development Fund

The Child Care and Development Fund, a program of the U.S. Department of Health and Human Services, provides child care 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 child care 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 child care.

HHS provides state and tribal contacts on its Web site. Local departments of social services can also provide information about the program.

- <https://www.state.nj.us/dcf/>
- New Jersey Department of Human Services
P.O. Box 716
6 Quakerbridge Plaza
Trenton, NJ 08625
General Phone: 609-588-2163

College Child Care Programs

Child Care on Campus

Child care programs are not available on campus as of Spring 2019.

Other Tips for Affordable Childcare

Local Child Care Programs

Click on <http://childcarecenter.us/> to find child care centers in your local area.

Lakeview Child Center of Ewing

<https://www.lakeviewchildcenter.org/main/location.aspx>

1440 Lower Ferry Rd

Ewing Township, NJ 08618

609-530-9696

Trenton Area YMCA Preschool Center

<https://capitalymca.org/youth-development/>

110 Prospect Village

Trenton, NJ

609-599-9622

Trinity Cathedral Academy, Inc.

<http://www.trinitycathedralnj.org/academy.html>

801 W. State Street

Trenton, NJ

609-396-1484

Christina Seix Academy

<http://www.christinaseixacademy.org/podium/default.aspx?t=135040>

1550 Stuyvesant Rd

Trenton, NJ

609-643-0400

Millhill Child and Family Development Center

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

101-a Oakload Street

Trenton, NJ

609-989-7333

Young Scholars' Institute Preschool Center

471 Parkway Ave

Trenton, NJ

609-393-3220

<http://www.youngscholarsoftrenton.org/programs/>

Boys and Girls Clubs of Mercer at Gregory School

500 Rutherford Ave

Trenton, NJ

609-392-3191

Divine Kidz Academy and Preschool Inc.

42-44 Pennington Ave

Trenton, NJ

609-393-3633

Fisher Middle School

1325 Lower Ferry Rd

Ewing, NJ

609-538-9800

Friends West State Child Development Center

1201 W State Street

Trenton, NJ

609-393-8777

Laura Spelman Child Care Center

540 North Olden Ave
Trenton, NJ
609-915-6344

Parkway Elementary School

446 Parkway Ave
Ewing, NJ
609-538-9800

Puerto Rican Community Center

223 Perry Street
Trenton, NJ
609-392-8787

The Children's Home Society of NJ Head Start/EHS

715 Bellevue Ave
Trenton, NJ
609-695-6274

Other Child Care Options

For more child care tips and options to consider, check out:

- **Raising Kids on a Shoestring Magazine**

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

Feminists for Life's issue of The American Feminist® magazine, "Raising Kids on a Shoestring," is a holistic national guide filled with free and frugal resources, smart and creative solutions, and practical support that pregnant women, expectant fathers, and parents deserve. Great tool for advisors and counselors.

- **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 child care, 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 New Jersey's child support department

To locate the appropriate office, use this link to find one in New Jersey according to your county:

<https://www.njchildsupport.org/Services-Programs/LOCATE-LOCAL-COUNTY-OFFICES.aspx>

If you would like more information, call the New Jersey Child Support Information Line, **1-877-NJKIDS1**.

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

Aetna Student Health

<https://www.aetnastudenthealth.com/en/school/686165/members.html>

<https://studenthealthinsurance.tcnj.edu/>

Contact for Claims, Policy Information, Dependent Coverage:

Aetna Student Health Customer Service

Phone: 1-877-480-4161

Contact for Waiver and Enrollment, Student Billing:

The College of New Jersey's Office of Student Accounts

Phone: 609-771-2172

Email: ship@tcnj.edu

Campus Address: Green Hall, Room 119

Maternity In-network Benefits (please note benefits are different if seeing an out-of-network provider):

- No charge for pregnancy office visits
- 20% coinsurance for childbirth/delivery professional services
- 20% coinsurance for childbirth/delivery facility services
- 100% coverage of lactation counseling services (facility or office visits) for a maximum of 6 visits covered
- 100% coverage of breast pump supplies of accessories
- An electric breast pump (non-hospital grade) is covered by this plan every three years

For more information about benefits, please view:

<https://www.aetnastudenthealth.com/schools/tcnj/pdbs1819.pdf>

Insurance for Low-Income Families

New Jersey Medicaid Program

Medicaid provides health coverage to millions of Americans, including children, pregnant women, parents, seniors and individuals with disabilities. In some states the program covers all low-income adults below a certain income level.

For more information: <https://www.benefits.gov/benefit/1314>

New Jersey Unemployment Insurance

The Federal-State Unemployment Insurance Program provides unemployment benefits to eligible workers who are unemployed through no fault of their own (as determined under New Jersey law, and meet other eligibility requirements of New Jersey law.

- Unemployment insurance (UI) payments (benefits) are intended to provide temporary financial assistance to unemployed workers who meet the requirements of New Jersey law.
- New Jersey administers a separate unemployment insurance program within guidelines established by Federal law.

For more information: <https://www.benefits.gov/benefit/1769>

Insurance for Your Child

NJ FamilyCare

<http://www.njfamilycare.org/default.aspx>

NJ FamilyCare - New Jersey's publicly funded health insurance program - includes CHIP, Medicaid and Medicaid expansion populations. That means qualified NJ residents of any age may be eligible for free or low cost health insurance that covers doctor visits, prescriptions, vision, dental care, mental health and substance use services and even hospitalization. NJ FamilyCare includes: children, pregnant women, parents/caretaker relatives, single adults and childless couples. Financial eligibility will be determined by the latest federal tax return which, when filed, will be electronically verified.

Apply here: <https://njfc.force.com/familycare/quickstart>

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 The College of New Jersey

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.

TCNJ Office of Financial Aid

<https://financialaid.tcnj.edu/>

Green Hall, Room 101

osfa@tcnj.edu

Tel. 609.771.2211

Government Grants

Academic Competitiveness Grant

<https://fafsa.gov/fotw1819/help/faaacg01.htm>

The federal government also offers students with the opportunity to obtain needed college funds through the Academic Competitiveness Grant, or ACG. This grant may be used in conjunction with Pell Grants. Unlike Pell Grants, however, the ACG is performance-based. It is designed for those who are enrolled in the first or second year of their college education. Application is open to all students who submit a Free Application for Financial Student Aid.

Federal Pell Grant

www.fafsa.ed.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 www.fafsa.ed.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://www.fseog.com/>

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. To find more scholarships for single parents, please take a look at this link:

<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/college-scholarships-and-grants-for-single-mothers/>

- Women's Opportunity Awards
- R.O.S.E. Scholarship
- Jeanette Rankin Foundation
- The Margaret McNamara Memorial Fund
- SWE Scholarship
- Emerge Scholarship Program
- Patsy Takemoto Mink Scholarship for Low-Income Women
- Sister Thea Bowman Foundation
- Scholarships For Moms
- P.E.O. Sisterhood
- Women's Independence Scholarship Program (WISP)
- United Negro College Fund
- American Association of University Women
- Talbots Women's Scholarship Fund
- Hispanic Scholarship Fund
- Denny's Single Parent Student Scholarship
- Lifetime Adoption Foundation

TCNJ Scholarships

- To find out information about scholarships at TCNJ, please take a look at:
<https://admissions.tcnj.edu/resources-for/scholarshipopportunities/>

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.

Local Adoption Agencies

Golden Cradle

<https://goldencradle.org/>

95 West Gate Drive, Cherry Hill, NJ 08034

1-856-428-1180

Pregnancy Hotline: 1-800-327-2229

The Children's Home Society of New Jersey

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

635 South Clinton Avenue Trenton, NJ 08611

609-695-6274

More Information on Adoption

Catholic Charities

catholiccharitiesusa.org

They provide options counseling, 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. Call (703) 549-1390 to learn about programs in your area.

AdoptUsKids

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. Call (888) 200-4005 to learn about AdoptUsKids.

Bethany Christian Services

[Bethany.org](https://www.bethany.org)

The nation's largest adoption and foster care agency that cares for women facing unplanned pregnancies and orphans living on 5 continents. For more information, please call (800)BETHANY, or fill out the online contact form: <https://www.bethany.org/main/contact-us/>.

- **Bethany in South Jersey**

PO Box 8291

Cherry Hill, NJ 08034

215-376-6200

Lifetime Adoption

www.lifetimeadoption.com

Lifetime Adoption assists African American couples wanting to adopt and birth mothers seeking African-American families. Call toll-free at (800) 923-6783, or fill out the online contact form:

<http://www.lifetimeadoption.com/contact.html>

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. Email the FAC team at info@faithfuladoptionconsultants.com, or call (678)559-2164.

Birthparent Support

Bethany Christian Services

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

Phone: (800) 238-4269

Bethany Christian Services is a global nonprofit organization that brings families together and keeps families together. Strengthening families for the well-being of children is our top priority. Our 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. Call (800) 238-4269 for further assistance.

BirthMom Buds

www.birthmombuds.com

Email: birthmombuds@gmail.com

Phone: 1-855-4-MyBBud (855-469-2283)

Facebook: <https://www.facebook.com/birthmombuds>

BirthMom Buds is a national web based non profit 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, as well as many programs including the Pregnant and Placing Program, Buddy System, and Annual Birthmother Retreats.

First Hero

<http://www.firsthero.org>

Email: hero@firsthero.org

Facebook: <https://www.facebook.com/babysfirsthero/>

You may not have planned on getting pregnant, but you can plan what is best for you and your baby. Text "hero" to 313131 to chat confidentially with a birthmom to help you determine whether placing your baby for adoption with a loving family is the right decision for you and your baby. At FirstHero.org, we believe that birthmoms are courageous and selfless heroes and change lives for the better. Countless couples would not have had a family if it weren't for these very special and brave women.

Sally's Lambs

www.SallysLambs.org

Phone: (877) 517-4463 ext. 804

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 (877) 517-4463 ext. 804, or fill out the online contact form.

Embrace Grace

<https://embracegrace.com/>

Phone: (817) 755-8484

Email: info@iembracegrace.com

Single and Pregnant? You are not alone! Get plugged into an Embrace Grace group in your local area. In the Embrace Grace program, you will 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. To find an Embrace Grace group near you, go to <https://embracegrace.com/>

- Embrace Grace at Columbus Baptist Church in Columbus, NJ
24260 W. Main Street
Columbus, New Jersey
Wednesdays at 7:00pm.
609-284-8412
- Embrace Grace at Flame of Glory International Ministries in Somerset, NJ
1323 Highway 27, Suite E
Somerset, New Jersey
Wednesdays at 4:00pm.
732-484-8131

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:

Salvation Army - Trenton Citadel Corps

575 E State St.

Trenton NJ 08601

Phone: (609) 599-9373

www.facebook.com/TrentonCitadel

<https://newjersey.salvationarmy.org/NewJersey/trenton>

They provide aid to families and also Christmas Assistance.

Salvation Army - Levittown Corps

215 Appletree Drive

Levittown, PA 19055

Telephone: 215-945-0717

Email: judson.laidlaw@use.salvationarmy.org, lori.laidlaw@use.salvationarmy.org

Website: <http://salvationarmylevittown.org>

They provide Emergency Financial Assistance, Food Pantry, Seasonal Services, Education Programs

The Salvation Army Ray & Joan Kroc Corps Community Center

Camden, New Jersey

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

Each state-of-the-art Kroc Community Center gives families a chance to discover new skills, passions, and hobbies while connecting with friends and neighbors in safe, educational ways. Each facility offers after-school programs, recreational opportunities, and community programs dedicated to fostering healthy futures.

Community Child Care Solutions

Eligible families can receive help paying for child care. Financial help may be provided for low- and moderate-income working parents, parents attending school; families receiving assistance under the state welfare program, Work First NJ, may be entitled to free child care. In addition, adults who are raising relatives' children in their own homes, can often qualify for child care subsidies from the state of New Jersey.

For more information:

<https://www.communitychildcaresolutions.org/programs/help-paying-child-care#WFNJ>

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).

New Jersey Work First (WFNJ)

The New Jersey WorkFirst-Temporary Assistance for Needy Families (TANF) program is designed to help needy families achieve self-sufficiency. States receive grants to design and operate programs that accomplish one of the purposes of the TANF program.

The four purposes of the TANF program are to:

- Provide assistance to needy families so that children can be cared for in their own homes
- Reduce the dependency of needy parents by promoting job preparation, work and marriage
- Prevent and reduce the incidence of out-of-wedlock pregnancies
- Encourage the formation and maintenance of two-parent families

To apply for this program, please contact the local County Welfare Agency near you:

<https://www.nj.gov/humanservices/dfd/programs/njsnap/cbss/index.html>

Special Automobile Insurance Policy (SAIP)

The Special Automobile Insurance Policy (SAIP) is an initiative to help make limited auto insurance coverage available to drivers who are eligible for Federal Medicaid with hospitalization. Such drivers can obtain a medical coverage-only policy at a cost of \$365 a year.

For more information: https://www.state.nj.us/dobi/division_consumers/insurance/saip.htm

Women, Infants, and Children (WIC)

The purpose of WIC is to insure 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>. Learn more about WIC benefits here: <http://wic.fns.usda.gov/wps/pages/start.jsf>

- **The Children's Home Society of NJ WIC**
416 Bellevue Avenue
Trenton, NJ 08618

(609) 498-7755

- **WIC of Burlington County**
15 Pioneer Blvd
Westampton, NJ 08060
609267-4304

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 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: <http://www.fns.usda.gov/snap/outreach/map.htm>

- Apply for SNAP online at: <https://oneapp.dhs.state.nj.us/default.aspx>
- Find the SNAP office closest to you at:
<https://www.nj.gov/humanservices/dfd/programs/njsnap/cbss/index.html>

Low Income Housing Energy Assistance Program (LIHEAP)

<http://liheap.org/>

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.

- Application: <https://www.nj.gov/dca/divisions/dhcr/forms/docs/heaappl.pdf>
- After filling out your application, submit it to your local community action agency:
<https://www.nj.gov/dca/divisions/dhcr/offices/agencydirectorylist.html>

COUNSELING RESOURCES

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:

ChoiceOne

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

Multiple locations:

1764 Brunswick Ave, Lawrenceville, PA, 08648

2222 Trenton Road, Levittown, PA, 19056

2189 2nd Street Pike, Wrightstown, PA, 18940

Call: 1-800-497-TEST

Text: 267-217-3430

1st Way of Burlington County, Inc.

609-871-1431

<https://www.burlingtonresourcenet.org/search/1st-way-of-burlington-county-inc/>

500 West High St

Burlington, NJ, 08016

Blessed Margaret Home

215-245-8039

862 Langstroth Lane

Bensalem PA 19020

<https://blessedmargarethome.org>

A Baby's Breath

215-442-0442

65 West Street Road Bldg B Suite 203

Warminster PA 18974

<http://www.ababysbreath.org>

Option Line

<https://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. Find a pregnancy resource center near you at <https://optionline.org/>. Call (800) 712-HELP, or text HELPLINE to 313131 for assistance.

Nurturing Networks

www.nurturingnetwork.org/

Nurturing Networks provide practical, life-saving 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. Call 1-800-TNN-4MOM for assistance. Email Mary (mary@nurturingnetwork.org), or Ann (ann@nurturingnetwork.org).

Campus Counseling Services

At The College of New Jersey, you can access the following mental health resources to help you succeed as an individual, a student, and a parent:

Counseling and Psychological Services (CAPS)

<https://caps.tcnj.edu/>

Eickhoff Hall, Room 107

Services

- Group Counseling
- Individual Counseling
- Referrals
- Crisis Intervention
- Peer Education

Postpartum Depression

Postpartum Support International

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

Phone: 1-800-944-4773

Email for Support & Resources: support@postpartum.net

Online Support Groups: <http://www.postpartum.net/psi-online-support-meetings/>
Find Local Support: <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>

Email: resources@postpartumprogress.org

Postpartum Progress provides a listing of postpartum depression support groups in the United States and Canada.

PARENTING SUPPORT

Parenting Classes

If you are interested in local parenting classes or support programs, please contact:

Choice One

1-800-497-TEST
mychoiceone.org

Multiple Choice One locations:

1764 Brunswick Ave, Lawrenceville, PA, 08648
2222 Trenton Road, Levittown, PA, 19056
2189 2nd Street Pike, Wrightstown, PA, 18940

Blessed Margaret Home

215-245-8039
862 Langstroth Lane
Bensalem PA 19020
<https://blessedmargarethome.org>

A Baby's Breath

215-442-0442
65 West Street Road Bldg B Suite 203
Warminster PA 18974
<http://www.ababysbreath.org>

Penn Medicine Princeton Medical Center

1 Plainsboro Rd
Plainsboro Township, NJ 08536

Multiple classes

- Childbirth preparation and birthing options
- Courses for siblings, grandparents, and babysitters
- Daddy bootcamp

Call 1-888-897-8979 for more information or view:

<https://www.princetonhcs.org/community/what-we-do/childbirth-and-family>

CentraState Medical Center

901 West Main Street

Freehold, NJ 07728

Phone: 901-308-0570

Multiple Childbirth Class:

- Breastfeeding
- Infant Care
- Childbirth Preparation
- Expectant Grandparents

Website: centrastate.com/healthprograms

St Peter's University Hospital

732-745-8600

254 Easton Ave.

New Brunswick, NJ 08901

Multiple Classes for Expectant Parents:

- Baby Care Class
- Prepared Childbirth/Lamaze
- Childbirth Refresher Course
- Infant Massage Class
- Marvelous Multiples
- New Daddy Class
- Prenatal Breastfeeding Class
- Prenatal Yoga & Exercise Class
- Siblings Classes

To register for any of the classes: <https://www.saintpetershcs.com/Services/Parent-Education>

Local Parents Groups

New Parent Mornings

Capital Health Medical Center in Hamilton

Childbirth and Parent Education Department

1445 Whitehorse-Mercerville Road, Hamilton

Tuesdays 10:00-11:30 am

For information call, 609-303-4140 or visit
<https://www.capitalhealth.org/classes-events/new-parent-mornings>

Penn Medicine Princeton Medical Center

1 Plainsboro Rd
Plainsboro Township, NJ 08536

- Postpartum Support Group

Call 1-888-897-8979 for more information or view:

<https://www.princetonhcs.org/community/what-we-do/childbirth-and-family>

New Mom Discussion Group

CentraState Medical Center
Star and Barry Tobias Health Awareness Center
901 West Main Street
Freehold, NJ 07728
Phone: 901-308-0570
Website: centrastate.com/healthprograms

St Peter’s University Hospital

732-745-8600
254 Easton Ave.
New Brunswick, NJ 08901

Support Groups

- Mom Support Group “Life Will Never be the Same”
- Breastfeeding Support Group

For more information: <https://www.saintpetershcs.com/Services/Parent-Education>

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 child care, 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.

- GraceWay Bible Church
1934 Klockner Rd
Trenton, NJ 08619
2nd & 4th Thurs. 9:30-Noon

Embrace Life

<http://embracegrace.com/join-a-group/>

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. Like the Embrace Grace program, this is a Christian-based curriculum that welcomes women of all faiths.

- Embrace Grace at Columbus Baptist Church in Columbus, NJ
24260 W. Main Street
Columbus, New Jersey
Wednesdays at 7:00pm.
609-284-8412
- Embrace Grace at Flame of Glory International Ministries in Somerset, NJ
1323 Highway 27, Suite E
Somerset, New Jersey
Wednesdays at 4:00pm.
732-484-8131

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 Police

In case of fire, police or medical emergency, dial 911 from any campus phone

From a cell phone: 609-771-2345

tcnjpd@tcnj.edu

Administrative Services 104

Blue-light Call Boxes are located throughout campus

These call boxes all have a red "HELP" button on them, which if pressed will connect you directly to Campus Police via the campus 9-1-1 system.

Anti-Violence Initiatives

<https://oavi.tcnj.edu/>

Forcina Hall, Room 308

609-771-2571

oavi@tcnj.edu

Title IX Coordinator

Jordan Draper

Brower Student Center, Room 220

609-771-3266

draperj@tcnj.edu

Peer Support

Active Minds

actminds@tcnj.edu

This club promotes mental health awareness by holding campus-wide events that provide students with information & resources about different mental illnesses and mental health problems. They aim to reduce stigma that surrounds mental illness by starting a conversation.

To Write Love on Her Arms

twloha@tcnj.edu

This club is dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.

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>, or on our informational page: PregnantOnCampus.org/Abortion-Pill-Reversal/.

Suicide Prevention

National Suicide Prevention Lifeline

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

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

Suicidal thoughts or feelings are sometimes experienced by women who have had an abortion. 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. For immediate intervention, contact National Suicide Prevention Lifeline at (800)-273-8255.

Domestic Violence

National Domestic Violence

<http://www.thehotline.org>

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

TTY: (800) 787-3224

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 at 1-800-799-SAFE (7233) can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages.

Sexual Assault

RAINN

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

National Sexual Assault Hotline (Free. Confidential. 24/7.): 800-856-HOPE (4673)

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) 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.

PREGNANCY LOSS

Pregnancy Loss

Infertility & Pregnancy Loss Support Group

First Tuesday of the Month

7:30-8:30 pm

St. Gregory the Great Parish Community Center

4620 Nottingham Way

Hamilton Square, NJ 08690

Bearing Hope is a free peer-led support group that fosters healing, hope, and prayer for women currently struggling with infertility and pregnancy loss in addition to other women wishing to share their own experiences and provide encouragement.

For more information and to register, contact Stefanie Riehl at sriehl30@gmail.com.

Through the Heart

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

916 Prince Street, Suite 105, Alexandria, VA 22314

Email: info@throughtheheart.org

Phone: (202) 549-8720

Through the Heart provides Comfort Kits free of charge to individuals or couples who have recently suffered a pregnancy loss. 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.

After Abortion Healing Programs

Many women (and their families) experience a range of emotions after an abortion. 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.

Choice One

1-800-497-TEST

mychoiceone.org

Multiple locations:

1764 Brunswick Ave, Lawrenceville, PA, 08648

2222 Trenton Road, Levittown, PA, 19056

2189 2nd Street Pike, Wrightstown, PA, 18940

- Offers post-abortion counseling

Abortion Recovery InterNational

<http://www.abortionrecovery.org>

Call/Text: 657-464-7071

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.

Rachel's Vineyard

www.rachelsvineyard.org

Toll-Free National Helpline: 877-HOPE-4-ME (877-467-3463)

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.

- **South Jersey**

Judy Warenkiewicz

732-536-6871

judywarren543@msn.com

Project Rachel

<http://hopeafterabortion.com/>

Toll-Free National Helpline: 888-456-HOPE (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. Project Rachel programs can be found in about 150 Catholic dioceses in the United States, as well as in dioceses in other countries.

- **Diocese of Trenton**

Contact: Deanna

Phone: 609-406-7435

Email: dsass@dioceseoftrenton.org

OTHER HELPFUL ORGANIZATIONS

Child Safety Seat Inspection

Generally, fire departments, police departments, and hospitals offer free child safety seat lessons.

Burlington County Sheriff

49 Rancocas Rd

Mount Holly, NJ 08060

Phone: 609-265-5221 Contact: Melissa Weincyzk

Wednesdays, 10AM-2PM

By Appointment Only

There are also Child Passenger Safety Technicians (CPS technicians) that can check your car seat for safety and ensure that it is properly installed. You can find a local technician on the National Child Passenger Safety Certification website.

For some Pennsylvania car seat check locations:

<https://www.chop.edu/centers-programs/car-seat-safety-kids/event-listing>

Transportation

Free Charity Cars

<http://www.freecharitycars.org>

Apply for a car: <http://www.freecharitycars.org/how-it-works>

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(C) (3) non-profit charity with its stated mission “To engage in activities that will uplift humanity”. The organization’s main 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.

Gabriel Project

The Gabriel Project is an effort by a church community to help women in what might seem to be a crisis pregnancy. This ministry may provide such services as mentorship, material resources, housing, etc. Gabriel Project ministries are often run through your local Catholic churches. Contact your local Catholic diocese “Respect Life” or “Marriage and Family” office to find a Gabriel Project ministry near you.

- <http://www.gabrielproject.us/contact.html>
- <https://prolifeunion.org/pregnancylifeline/>

Find more help and resources at
[PregnantonCampus.org/National-Resources](https://pregnantoncampus.org/National-Resources)

See our school's campus page:
<https://pregnantoncampus.studentsforlife.org/campus/tcnj/>