

# Resource Guide for Pregnant and Parenting Students at UMHB

*Created by Cru for Life*

*This resource is a collaborative effort of Students for Life of America and Feminists for Life.*

# The University of Mary Hardin-Baylor Resource Guide for Pregnant and Parenting Students

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# The University of Mary Hardin-Baylor Resource Guide for Pregnant and Parenting Students

Cru 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 University of Mary Hardin-Baylor. Cru for Life is happy to assist you as you seek support for your parenting and student needs. Our student group provides the following assistance and resources:

- Assistance scheduling meetings with school officials
- Coordinating with departments on campus
- Provide referrals to off campus resources
- Transportation to local pregnancy center
- Baby shower for Mom and Baby

Please contact us at [umhbcruforlife@gmail.com](mailto:umhbcruforlife@gmail.com) for more information. More information about our Pregnant on Campus Initiative can be found online at:

- Website: <http://umhbcruforlife.weebly.com/pregnant-on-campus.html>

## About our School

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Name: University of Mary Hardin-Baylor  
Location: 900 College Street, Belton, TX 76513  
Type: Private  
Religious affiliation: Baptist

### Contact Information

- **Dean of Students:** Ray Martin / (254) 295-4590 / [rmartin@umhb.edu](mailto:rmartin@umhb.edu)
- **Vice President for Student Life:** Dr. Byron Weathersbee / (254) 295-4496 / [bweathersbee@umhb.edu](mailto:bweathersbee@umhb.edu)
- **Director of Residence Life:** Donna Plank / (254)-295-4590 / [residencelife@umhb.edu](mailto:residencelife@umhb.edu)
- **Associate Vice President for Human Resources & Title IX Coordinator:** Susan Owens / (254) 295-4527 / [susan.owens@umhb.edu](mailto:susan.owens@umhb.edu)
- **Student Health Services Coordinator:** Debbie Rosenberger, R.N. / (254)-295-4623 / [drosenberger@umhb.edu](mailto:drosenberger@umhb.edu)
- **Business Office:** Penny Renfro / (254)-295-4169 / [penny.renfro@umhb.edu](mailto:penny.renfro@umhb.edu)
- **Financial Aid:** (254)-295-4517 / [finaid@umhb.edu](mailto:finaid@umhb.edu)
- **Campus Police:** (254)-295-5555 / [police@umhb.edu](mailto:police@umhb.edu)
- **Campus Ministry:** Dr. Shawn Shannon / (254)-295-8642 / [sshannon@umhb.edu](mailto:sshannon@umhb.edu)
- **Academic Aid or Assistance:** (254)-295-4475 / [pfoster@umhb.edu](mailto:pfoster@umhb.edu)
- **Report It:** <http://students.umhb.edu/report-it>
- **Campus Counseling:** <http://cths.umhb.edu/personal-counseling-services>

### Policies concerning Pregnant and Parenting Students

- As of Spring 2015, there is no official policy in the Student Handbook regarding the treatment or expectations of pregnant and parenting students at the University of Mary Hardin-Baylor. However, the Dean of Students and other staff will work with a student, on a case by case basis, to provide information concerning campus and community resources. Please contact the Dean of Students, the Vice President for Student Life, or the Director of Residence Life for more information.

## Resources Available on Campus

- Pregnancy resources and information are advertised and distributed at the Health Center and through Cru for Life.
- The University also has sidewalks throughout campus making it accessible for strollers.

## Class Options

### **Office of the Registrar**

<http://registrar.umhb.edu/>

900 College Street, UMHB Station Box 8425, Belton, TX 76513

Phone: (254) 295-4510

Email: registrar@umhb.edu

### **UMHB Tutoring: On-campus & Online**

<http://success.umhb.edu/tutoring>

Free tutoring is available on-campus to all undergraduate students during the Fall and Spring semesters. If you aren't able to connect with a tutor in person we now offer online tutoring through tutor.com. Connect with an expert online tutor now for 24/7 help.

### **Meadows Center for Academic Excellence**

<http://success.umhb.edu/home>

The mission of the Center for Academic Excellence is to assist students with pursuing academic excellence in a Christ-centered learning community while valuing them as individuals.

### **Disability Support Services - Accommodation & Student Assistance Program**

<http://cths.umhb.edu/disability>

Reasonable accommodations can be arranged enabling students with disabilities who are otherwise qualified to participate in and benefit from all university educational programs and activities.

## **Housing Resources**

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### University Housing

Most pregnant students would rather have their own room in order to have privacy and to meet their own personal preferences. The University of Mary Hardin-Baylor has several on campus housing options that provide a private room for residence.

#### **Residential Halls**

- Stribling: \$3,370 per semester

#### **Campus Apartments**

- Farris: 2 bedroom: \$3,850 per semester; 3 bedroom: \$3,640 per semester; 4 bedroom: \$3,445 per semester
- Hobby, Tyson & Wilson: \$3,640 per semester
- Garner: \$3,640 per semester

Contact the Director of Residence Life for more information: Donna Plank / (254)-295-4590 / [residencelife@umhb.edu](mailto:residencelife@umhb.edu)

### Local Housing

#### **CoAbode**

<http://www.co-abode.com>

CoAbode's mission is to provide support and services that connect women raising children alone. Through this connection, single-parent women families pool their finances and resources to improve their living conditions for themselves and their children by sharing a home. *CoAbode was founded on the principle that two single moms raising children together can achieve more than one struggling alone.* Through a variety of community-based programs, CoAbode provides single mothers with affordable housing opportunities, specialized support groups, educational scholarships, community outreach and involvement as well as referrals to vital resources designed to make parenting a child alone easier, healthier, and more secure.

#### **Maternity Homes**

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

#### **Our Lady of the Angels Maternity Shelter**

<http://ladyoftheangels.org/home.html>

Our Lady of the Angels Maternity Shelter is a shelter for homeless mothers and their children.

613 South 9th Street, Temple, TX 76504-5569

Email: olams@att.net

Phone: (254) 742-2340

Toll-Free: (866) 389-2340

### **Annunciation Maternity Home**

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

3610 Shell Road, Georgetown, TX 78628

Phone: (512) 864-755

### **Transitional Living Homes**

#### **Project F.U.T.U.R.E**

[http://www.centraltexasyouthservices.org/transitional\\_living\\_program.htm](http://www.centraltexasyouthservices.org/transitional_living_program.htm)

### **Families in Crisis Inc.**

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

24 hour hotline: 1-888-799-SAFE

1100 S 33<sup>rd</sup> St, Temple, TX 76504

Phone: (254) 773-7765

### **Cove House**

<http://covehouse.org/>

Food and shelter are available to those in need

108 E Halstead Ave, Copperas Cove, TX 76522

Phone: (254) 547-4673

Hours of Operation: Monday thru Friday 10:00am-2:00pm

Community Food Pantry – Monday, Wednesday and Friday 10:00am – 2:00pm

### **God's Blessing**

802 N Main Street, Temple, TX

No contact number

### **Humble House**

611 S. 7th Street, Temple, TX

Phone: (254) 493-0547



**Rose Garden**

910 E Avenue A, Temple, TX

Phone: (254) 541-6346

**True Grind Ministries**

S 3rd Street, Temple, TX

Phone: (254) 598-8422

**Possible low-cost housing opportunities/apartments for rent:****Don Fogleman**

Phone: (254) 899-0449

**J&J Properties – Mark Johnson**

Phone: (254)493-2059 & (254)778-3867

**New Life Housing**

119 S. 33rd Street, Temple, TX 76504

\$500/month rent (bills paid)

**Temporary Assistance for Needy Families**

<http://www.tanf-benefits.com>

(TANF) helps provide housing and cash assistance to women who are in need. It is a government run program provided in all states.

**Mercy Housing**

<https://www.mercyhousing.org>

Mercy Housing is a national nonprofit organization that developed, financed and operates affordable, program-enriched housing communities for families, seniors and people with special needs who lack the economic resources to access quality, safe housing opportunities.

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

<http://www.hud.gov/renting/index.cfm#assistance>

HUD's mission is to create strong, sustainable, inclusive communities and quality affordable homes for all. HUD is working to strengthen the housing market to bolster the economy and protect consumers; meet the need for quality affordable rental homes: utilize housing as a platform for improving quality

of life; build inclusive and sustainable communities free from discrimination; and transform the way HUD does business.

**Bridge of Hope National**

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

Bridge of Hope’s mission is to call and equip compassionate people from many Christian faith traditions to exemplify Christ's love to homeless women and children by creating and sustaining thriving Bridge of Hope affiliates and program and church sites. Bridge of Hope strives to empower homeless and at-risk single mothers to attain: permanent housing, financial stability, life-changing friendships, and increased self-esteem.

**Catholic Charities USA**

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

Catholic Charities USA provides service to people in need, to advocate for justice in social structures, and to call the entire church and other people of good will to do the same. Catholic Charities works with individuals, families and communities to help them meet their needs, address their issues, eliminate oppression, and build a just and compassionate society.

# **Clothing and Food Assistance**

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## 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:

### **Hope Pregnancy Center**

Hope Pregnancy Center provides maternity clothes and baby items through Hannah's Closet. The items available for mothers and their babies through Hannah's Closet can be found here:

<http://www.hopepc.com/Services/Parent-Prep>

There are four Hope Pregnancy Center locations in our area:

- **Temple Center**  
2010 W. Avenue H  
Temple, Texas 76504  
Phone: (254) 773-2453
- **Killeen Florence Road Center**  
1211 Florence Road  
Killeen, Texas 76541  
Phone: (254) 519-3343
- **Killeen W.S Young Center**  
3106 S. WS Young Drive C301  
Killeen, TX 76542  
Phone: (254) 554-6822
- **Copperas Cove Center**  
601 South Main Street  
Copperas Cove, TX 76522  
Phone: (254) 518-HOPE

### **OptionLine**

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

OptionLine provides a listing of pregnancy help agencies in your community. Go online to search for an agency closest to you. Centers that provide material assistance will have "material aid" listed in the services section. Other services may include free pregnancy tests, ultrasounds, STI/STD testing,

counseling, and parenting classes. Services are often free or inexpensive. These centers do not refer for abortion. Call 1-800-712-HELP or text HELPLINE to 313131.

### **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/>.

### **Local Churches and Religious Communities**

Local churches often have outreaches and ministries that serve their community. Contact the religious organizations in your area, and inquire about programs that may provide material support.

### **Helping Hands**

Helping Hands has a ministry called Bundles of Joy. They provide a package that includes baby items for new moms! “Each package includes feeding supplies, diapers, ointments, clothing, blankets, car seats, strollers and pack-n-plays (if available). A special book is also given to each parent to read to the child. Every bundle includes a prayer for the recipient family.”

<http://www.helpinghandsbelton.org/ministries/relief/bundles-of-joy/>

2210 Holland Rd, Belton, TX 76513

Phone: (254) 939-7355

### **Gabriel Project Life Centers**

“Operated by Catholic Charities in Austin and Bryan, offer free pregnancy tests; pregnancy, parenting and childbirth classes; emotional, material and spiritual support. Earn points toward large baby items—strollers, play pens, swings, boxed diapers, and wipes—during the first year after the birth of a child.”

<http://www.austindiocese.org/offices-ministries/offices/pro-life-activities-and-chaste-living-office/need-help/pregnant-what-next>

Phone: (512) 651-6100

For more information, visit: <http://ccctx.org/programs/austingplc/>

## **Child Safety Seat Inspection**

Generally Police Department and Fire Departments in your town give free child safety seat lessons and most give away free child car seats if you take this class.

The fire department in Belton provides free car seat inspections. In order to learn how to safely install a car seat for your child, contact Fire Station No. 2 at (254) 933-5882, which is located at 420 Sparta Road, Belton, TX 76513.

## Assistance with Food

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

<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.

### **Bell County Health Department**

Location: 1605 N Main St #104 Belton, TX

Phone: (254) 939-2091

### **WIC Health and Food Program**

This government program provides Smart card for milk, formula and food items for pregnant mothers and their preschool children.

201 North 8th Street, Temple, TX 76501

Phone: (254) 778-1511

Hours: Mon – Thurs 7:30am-5:30pm (Closed 11:30pm-12:30pm for lunch)

### **Texas Department of Health and Human Services (Food Stamps)**

There is an application process for this income-based state food program. Lone Star card is available for clients who qualify. Benefit is based on the number of family members.

4501 General Bruce Drive, Temple, TX 76501

Phone: (254) 778-6751

Hours: Monday through Friday 8:00 am-5pm

## Groceries

### **Helping Hands**

<http://www.helpinghandsbelton.org>

This ministry is to people who live in the Belton School District. (This does extend into Temple.) Food pantry and free clothes are available. Holiday baskets are given during holidays. General financial help is limited to \$50 per year but gas money is given to help those in need with transportation to jobs, Doctor and WIC appointments. Financial help is usually dispersed Monday mornings.

Hours: Mondays and Tuesdays from 10am-4pm; Thursdays from 12-6pm.

2210 Holland Road (FM436), Belton, Texas 76513

Phone: (254) 939-7355

**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.

Community partners are organizations that work with HHSC. Community partners can include food banks, churches, and community health centers. All partners have computers people can use to go to [YourTexasBenefits.com](http://YourTexasBenefits.com). Some partners have staff or volunteers who can help people apply for benefits or check their benefit case.

**Hill Country Community Action Association, Inc.**

2180 North Main, Belton, TX 76513

Phone: (254) 770-2342

## Local Food Banks

Food banks are commonly found in all areas across the nation and can be accessed by anyone in their time of need. Donations come from grocery stores, wholesalers, restaurant owners and individuals. Once the food is brought in, volunteers sort and pack food kits for families in need. Single mothers can apply with their local food bank to receive assistance with obtaining food. In many cases, single mothers who make too much money to receive additional state or federal benefits are able to receive food donations from food banks.

**The Love of Christ**

2000 Airport Road, Temple, TX 76504

Phone: (254) 774-8411

Hours: Thursday mornings from 10am-12pm

**St. Vincent de Paul of Greater Temple**

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

106 W. Ave D, Temple, TX 76504

Phone: (254) 773-7591

**Holland Community Food Pantry**

<http://fbchollandtx.com>

506 Dixie St., Holland, TX 76534

Phone: (254) 657-2521

**Food Pantries.org**

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

FoodPantries.org provides a full list of local food pantries. The Food Pantries website provides a nationwide listing of food banks.

**Feeding America**

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

Feeding America is committed to helping end the fight against hunger. The Feeding America website provides a nationwide listing of food banks.

## Soup Kitchen

**Mission Soup Kitchen**

205 W Avenue C, Killeen, TX 76541

Phone: (254) 634-8322

# Childcare

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The number one stressor for most student parents is finding affordable childcare providers that they can trust. The National Association of Childcare Resources & Referral Agencies reports that full time care can range anywhere from 5,000 to 15,000 a year for an infant and 4,000 to 12,000 for a toddler. Paying for childcare can put a significant financial burden on student parents. Student parents that need financial help have options, the following resources are meant to serve as a list of national resources that are available.

## 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>

### Central Texas 4C, Inc.

<http://www.centraltexas4c.org/site/default.aspx?PageID=1>

### 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.

## University Child Care

Cru Sitters is a service available through Career Services which allows parents to connect with students on campus for babysitting opportunities via email.

Location: Bawcom Student Union, Second Floor (Student Life Suite)

900 College Street, UMHB Station Box 8415, Belton, TX 76513

Phone: (254) 295-4691

Email: [careerservices@umhb.edu](mailto:careerservices@umhb.edu)

Hours: Monday-Friday, 8am-5pm

## Other Tips for Affordable Childcare

**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.

- **First Baptist Belton:** <http://www.fbcbelton.org/news-from-church-weekday/>
- **Temple Bible Church:** TBC offers childcare on Tuesday and Thursday mornings. Contact Julie Martin at (254) 913-6998 Location: 3205 Oakview Drive, Temple, Texas 76502 Phone: (254) 778-3233
- **First Baptist Temple:** <http://firsttemple.org/preschool/>

**In-home childcare** can be a cheaper option, as well as scheduling your classes in blocks. So you may only have two to three blocks a week that you need childcare.

**Childcareaware.org** and **Daycareproviders.com** help you search for childcare providers in your area as well as guides on what to look for in each childcare

**Meet-up Groups:** Look into Meet-up Groups (meetup.org) and look for categories including parenting, babysitting co-ops, and childcare.

## 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:

**a. Temple**

3011 Saulsbury Dr  
Temple, TX 76504-2273  
1-800-252-8014

**b. Killeen**

2300 E. Rancier Ave, Ste. 101  
Killeen, TX 76543  
1-800-252-8014

### **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**

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Your health is paramount to not only your family, but to you. One of the main problems that young single parents face in the healthcare arena is...*affordability!* It is crucial that families have the type of 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. We all need healthcare -today your family might be healthy, but tomorrow a catastrophic illness or accident could strike and you will need the confidence in knowing that insurance is there to protect your assets.

### **Insurance for Low-Income Families**

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

Please contact the local administering agency near you:

<https://www.yourtexasbenefits.com/ssp/SSPHome/ssphome.jsp>

Contact the Texas Department of Human Service (DHS) toll-free at: 1-800-448-3927 or email: [mail@dhs.state.tx.us](mailto:mail@dhs.state.tx.us)

#### **Texas Children's Health Plan**

<http://www.texaschildrenshealthplan.org/apply/help-me-apply.aspx>

#### **Texas Medicaid and CHIP**

<http://www.hhsc.state.tx.us/medicaid/>

“Medicaid and the Children’s Health Insurance Program (CHIP) provide medical coverage for more than 4 million low-income Texans. The programs cover half of all children in the state and help provide care for two-thirds of people in nursing homes. In Texas, all CHIP services and most Medicaid services are delivered through managed care health plans under contract with the state.”

#### **Texas Temporary Assistance for Needy Families (TANF):**

<http://www.benefits.gov/benefits/benefit-details/1679>

Call the Texas Department of Human Service (DHS) toll-free at: 1-800-448-3927

Or send an e-mail to: [mail@dhs.state.tx.us](mailto:mail@dhs.state.tx.us)

Call your Health Center and find out whether your School Insurance allows Students to add on children onto their policy. Find out the cost for doing this.

**Obstetricians accepting Medicaid**

The doctors listed may see Medicaid patients. This is not a medical referral, but simply a list of providers in this area.

**Dr. Eric Allerkamp**

Phone: (254) 618-1800  
2405 South Clear Creek Rd #370  
Killeen, Texas 76549

**Dr. Cedric Day Jr.**

Phone: (254) 618-1888  
2405 South Clear Creek Rd. Suite 370  
Killeen, Texas 76549

**Dr. William Louis**

Phone: (254) 634-1500  
2301 South Clear Creek Rd., Suite 220  
Killeen, TX 76542

**Dr. Arturo Romero**

Phone: (254) 519-8907  
2301 South Clear Creek Rd, Suite 208  
Killeen TX 76542

**Dr. Mark Lobaugh**

Phone: (254) 519-2229  
800 W. Central Texas Expressway, Suite 200 (next to Seton Hosp.)  
Killeen, Texas 76548

**Dr. Luis Castellanos & Dr. Cynthia Shirley**

Phone: (254) 618-1060 or 618-1065  
800 W. Central Texas Expressway, Suite 255 (next to Seton Hosp.)  
Harker Heights, Texas 76548

**Dr. Marcos Sosa**

Phone: (254) 220-4833  
2025 Memory Lane, Suite 500  
Harker Heights, TX 76548

**Dr. Alicia Furman**

Phone: (254) 724-2314  
1001 Arbor Park Drive, Belton, TX 76513

### **Women's Veteran Health Program**

Women who have served in the military at least two years with any type of honorable discharge are entitled to certain medical benefits. Maternity care, PAP smears, Breast screenings, and mammography are some of the services offered.

1901 Veterans Memorial Drive  
Temple TX, 76504  
Phone: 800-423-2111 ext. 5203

### **Scott and White Department of OB/GYN**

Temple, Desk 3-A, 2401 S 31st Street  
Phone: 800-771-4963 or (254) 724-2314  
Temple, Texas 76508

#### Prospective clients need to call for an appointment

- At the first appointment, the client will speak with a financial counselor and see the nurse to fill out intake paperwork.
- Client needs to bring proof of pregnancy. If the Client doesn't have proof of pregnancy, Scott & White will perform a pregnancy test. (There is a cost for the pregnancy test).

### **Scott and White OB/GYN**

Killeen (deliver at Metroplex)  
Hemmingway Bldg. 2405 South Clear Creek Rd. Suite #370, Killeen, TX 76549  
Phone: (254) 618-1800

### **The Natural Birthing Center**

[www.thenaturalbirthingcenter.com](http://www.thenaturalbirthingcenter.com)  
405 N. Main Street, Salado, TX 76571  
Phone: (512) 818-6791

## Insurance for Your Child

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

<http://chipmedicaid.org>

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: <http://chipmedicaid.org/CommunityOutreach/Who-Can-Get-CHIP-Children-s-Medicaid>. You can apply here: <http://chipmedicaid.org/en/apply-now> or through your state benefits office.

**Local Office:**

4501 S General Bruce Drive

STE 25

Temple, Texas 76501-0000

## **Financing Your Education**

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According to the National Institutes of Health, nearly half of all single mothers without a college degree live at or below the poverty line. Mothers with at least a two year certificate or bachelor's degree face almost no risk of living in poverty. Clearly, mothers and moms should pursue their dream of higher education, and thanks to private and public scholarships this is possible.

The types of scholarships available to moms and mothers vary from awards aimed at women who are victims of spousal abuse to single moms living in poverty, to mothers from specific regions of the country. There seems to be a scholarship offer for every kind of mom on the planet. Many non-profit organizations exist to match moms with college scholarship offers, and plenty of universities and colleges offer scholarships designed for mothers.

Moms don't have to apply for scholarships aimed at moms; so called "non-traditional" scholarships are meant to attract people outside of the standard college demographic to go back to school. Non-traditional scholarships are perfect vehicles for mom to use to get funding to go back to college. Since traditional scholarships, like the kind applied for by high school students, don't necessarily restrict the awards by age, there's nothing stopping moms for applying for all sorts of scholarships they may overlook because they're not technically mom scholarships.

Now that a bachelor's degree or two-year associate's degree is becoming necessary for many entry-level jobs, moms are going back to school in huge numbers. Part of the reason for the rush back to school is the large number of scholarships and sources of college funding available to mothers.

Here's a list of representative scholarships and college grants aimed at moms and mothers. You'll notice that some scholarships are handed out to citizens of certain states or towns, while others may only apply to single moms or mothers from certain ethnic backgrounds. The trick is to contact your local colleges and universities and ask about any mom-specific scholarships, and do some Internet searching to find scholarship offers for moms and mothers.

### **Financial Aid at the University of Mary Hardin-Baylor**

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 and let them know about your pregnancy immediately.

## **Financial Aid at UMHB**

900 College Street, UMHB Station Box 8080, Belton, TX 76513

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

Phone: (254) 295-4517

## Government Grants

### **Academic Competitiveness Grant: Academic Competitiveness Grant**

<http://studentaid.ed.gov/PORTALSWebApp/students/english/AcademicGrants.jsp?tab=funding>

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](http://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](http://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)**

<http://studentaid.ed.gov/PORTALSWebApp/students/english/FSEOG.jsp?tab=funding>

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.



## State Assistance Programs

### **State Scholarships**

<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-state/texas-scholarships/>

### **Title IX Information**

<http://www.nwlc.org/resource/pregnant-and-parenting-students-rights-faqs-college-and-graduate-students>

## Private Foundations

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

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

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

### **R.O.S.E. Scholarship**

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

The letters in the R.O.S.E. Scholarship stand for Regaining One's Self Esteem, and the R.O.S.E. Scholarship is awarded to women who are survivors of domestic violence and abuse. This award gives financial assistance to survivors of abuse planning to attend any four-year college in the New England area. In order to be eligible for a R.O.S.E. Scholarship, women must have already attended one full year of undergraduate studies at a college in New England, and is interviewed by the scholarship committee to establish need. The R.O.S.E. fund does much more than pay scholarships; the fund also helps women pay for reconstructive surgery after incidences of abuse and even find work and lodging after leaving an abusive relationship. Though not aimed specifically at moms, many mothers qualify for financial aid money from the R.O.S.E. Foundation.

### **Jeanette Rankin Foundation**

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

Jeanette Rankin Foundation hands out scholarships to women age 35 or older who show an interest in higher education. During that time, 500 plus women have earned awards to attend the college of their choice through Jeanette Rankin scholarships. These offers are for women pursuing a four-year degree. The Foundation hands out about 15 scholarships a year, with the amount of the award

dependent on financial need. No, Jeanette Rankin Foundation scholarships are not targeted at moms, but if you're a mom 35 or older, you qualify to apply for a scholarship from the Jeanette Rankin Foundation.

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

<http://www.mmmf-grants.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 has to 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**

[www.swe.org](http://www.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**

[www.emergescholarships.org](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.

### **Arkansas Single Parent Scholarship Fund**

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

This scholarship program is available for single parents living in over 70 counties in the state of Arkansas. The program is designed to help lower-income single parents find the financial assistance they need to attend college and find a better job to support their families after graduation.

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

[www.patsyminkfoundation.org](http://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 2012, five scholarships in the amount of \$2,000 each will be awarded.

### **Sister Thea Bowman Foundation**

<http://www.cermusa.francis.edu/sistertheabowmanfoundation/>

The Sister Thea Bowman Foundation is an example of a group dedicated to a specific cause; providing funds for single African-American mothers to attend the College of St. Mary. That college, located in Omaha, Nebraska, works closely with the Sister Thea Bowman Foundation to hand out plenty of scholarships to young black single moms who want to better themselves. You can find similar organizations at colleges all over the country.

### **Scholarships For Moms**

[www.scholarships4moms.com](http://www.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 also be completed online at the above website.

### **P.E.O. Sisterhood**

[www.peointernational.org](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.

### **Women's Independence Scholarship Program (WISP)**

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

Women's Independence Scholarship Program (WISP) is designed to help women obtain the money they need to attend college and earn a higher education degree. The program is suited for survivors of domestic abuse from an intimate partner such as a spouse or a boyfriend. The program prefers to award scholarship funds to those enrolled state community colleges, state colleges or universities, and technical or vocational schools. Those enrolled in other programs may also apply. The application for the WISP fund as well as more information about this program may be found online.

### **United Negro College Fund**

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

The United Negro College Fund (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**

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

American Association of University Women (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.

### **Talbots Women's Scholarship Fund**

[www.talbots.com/scholarship](http://www.talbots.com/scholarship)

Talbots Women's Scholarship Fund is provided annually through Talbots Charitable Foundation. Only the first 1,000 applications are considered each year. Of these 1,000 applicants, five scholarships will be awarded in the amount of \$10,000 and fifty scholarships will be awarded in the amount of \$1,000. These scholarships are designed for non-traditional female students. Only applicants who graduated high school or earned a GED at least ten years prior to the application date are considered.

### **Hispanic Scholarship Fund**

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

The Hispanic Scholarship Fund 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 4 year universities and \$1,500 for two year community colleges.

### **Denny's Single Parent Student Scholarship**

<http://scholarships.hispanicfund.org/applications/subsectionID.1,pageID.206/default.asp>

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**

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

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.

## **State-Specific Scholarships**

In many cases, state-offered scholarships for single mothers are actually offered through a college or university system in the state. To find out what's available in your state, contact both your state higher education agency and the financial aid office of the school you'd like to attend to find out what scholarships or grants are offered to single moms.

A few examples of **state and school financial aid programs** for single parents include:

- **Alaska:** Alaska Commission on Postsecondary Education
- **Arizona:** Arizona Single Parent Scholarship
- **Arkansas:** Altrusa International of Fayetteville Single Parent Scholarship (\$1,500)
- **Arkansas:** Arkansas Higher Education
- **Arkansas:** Benton County Single Parent Scholarship Fund
- **Arkansas:** Boone Counte Single Parent Scholarship
- **Arkansas:** Single Parent Scholarships (Polk, Scott, and Montgomery Counties)
- **California:** American River College Single Parent Scholarships (\$500-1,000)
- **California:** California Student Aid Commission
- **California:** Capture the Dream, Inc. \$1,000 Single Parent Scholarship (Bay Area)
- **California:** Citrus College Single Parent Scholarships (\$250-\$500)
- **California:** Cooperative Agencies Resources for Education (CARE) Program
- **California:** Cuesta College Alice Thompson Scholarship (\$500)

- **California/Oregon:** Ford Opportunity Program
- **California:** San Joaquin Delta College Single Parent Scholarships
- **California:** Santa Ana College Ashraf Kashi Memorial Scholarship (\$250)
- **Colorado:** University of Northern Colorado Assistance League of Greeley Single Parent Scholarship
- **Florida:** Florida Department of Education
- **Florida:** George Snow Scholarship Fund Scholarship for Single Parents
- **Florida:** South College of Florida Wayne Gulbrandsen Single Parent Scholarship (\$400)
- **Hawaii:** University of Hawaii at Manoa
- **Illinois:** Illinois Student Assistance Commission
- **Illinois:** Illinois College of DuPage Foundation Single Parent Scholarship
- **Indiana:** Indiana Education & Training
- **Iowa:** Kirkwood Community College Scholarships for Single Parents
- **Kansas:** Emporia State University Single Parents With Children Scholarship
- **Kansas:** Johnson County Community College Ben and Evadeen Craig Scholarship
- **Kentucky:** Kentucky Higher Education Assistance Authority
- **Louisiana:** Louisiana Department of Education
- **Maryland:** Maryland Higher Education Commission
- **Michigan:** Northwestern Michigan College Scholarships and Awards (\$500+)
- **Minnesota:** Alexandria Technical and Community College Single Parent Scholarships (\$200)
- **Minnesota:** Minnesota State University Coplan Donohue Single Parent Scholarship
- **Minnesota:** Minnesota State (Mankato) Mary Jane Young Undergraduate Scholarship for Re-Entry Women (\$1,000)
- **Mississippi:** University of Southern Mississippi Ashley Dawn Williamson Memorial Scholarship
- **Missouri:** Jefferson College Adult Re-Entry Scholarship (Full Tuition)
- **Missouri:** Missouri Department of Elementary & Secondary Education
- **Missouri:** Saint Louis University Pregnant and Parenting Scholarship
- **New Hampshire:** Teachers for New Hampshire
- **New Hampshire:** Antioch University Cap and Gown Book Scholarship (\$400)
- **New Mexico:** New Mexico State University
- **New Mexico:** University of New Mexico Sabrina Single Parent Scholarship
- **North Carolina:** Assistance League of the Triangle Scholarship Program -Scholarship for Working Single Mothers (Wake, Durham, and Orange Counties)
- **Oregon:** Eastern Oregon University Single Parent Scholarships
- **Oregon:** Oregon Student Assistance Commission Better a Life (\$500-10,000)
- **Texas:** College for All Texans

- **Texas:** Texas A&M Pregnant and Parenting Scholarship
- **Texas:** University of Houston (Victoria) Single Parent Scholarships (\$300-\$1,000)
- **Utah:** Utah Valley University CPCD/Turning Point Scholarship (1/2 tuition)
- **Virginia:** Bennie J. Barron Single Parent Memorial Scholarship (\$500, Fairfax County)
- **Washington:** Washington Higher Education
- **Wisconsin:** The University of Wisconsin - Eau Claire Single Parent Scholarships (\$500-\$2,000)
- **Wisconsin:** University of Wisconsin (Oshkosh) Agnes Drexler Kujawa Memorial Scholarship for Single Mothers (up to \$1,000)
- **Wisconsin:** Wisconsin Department of Public Education
- **Wyoming:** Casper College Bill Schropfer Scholarship

## Local Scholarships

### **UMHB Outside Scholarships**

<http://financialaid.umhb.edu/outside-scholarship-opportunities>

### **Community Scholarships: Bell County 4-H**

<http://agrillife.org/bell4h/4-h-activities/scholarships/>

For more information regarding scholarship opportunities through the University of Mary Hardin-Baylor, please contact the Financial Aid Office.

# **Adoption**

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Not all women choose abortion simply out of selfish reasons. There are times when a pregnant woman knows that she is not ready to parent or would not be the parent her child deserves. Adoption offers a wonderful solution to this problem – she can place her child into a family that is ready to care for him or her.

Adoption can not only be rewarding for the child & adoptive parents, but also for the birthparent. Adoption is not the way it once was – parents that place their child for adoption are now able to seek legal help and a support system prior, during & after the placement. This allows for the birthparent(s) to experience healing from the placement & continue to better their lives.

Birthparent(s) also make the decision as to who will be adopting their child. They can even meet the parent before making the final decision. How much contact post-placement they want with the child is also up to the birthparent(s) – they can have as little as no contact or up to scheduled visits with their child.

The act of adoption can be a daunting experience but also one that the birthparent can look back on with joy knowing that they did the best they could for their precious child.

## **Adoption Resources**

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

### **Gladney Center for Adoption**

<http://adoptionsbygladney.com/>

6300 John Ryan Drive, Fort Worth TX 76132

1-800-Gladney

### **Marywood**

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

1625 Rutherford, Austin, TX 78754

1-800-251-5433



**Providence Place**

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

6487 Whitby Road, San Antonio, TX 78240

800-842-5433

**Christian Homes**

<http://www.christianhomes.com>

1-800-592-4725

**Upbring**

<http://www.upbring.org/programs-and-services/adoption/>

P.O. Box 140767, Austin, TX 78714

(512) 459-1000

Toll free: 800-938-5777

**Child Placement Center**

<http://www.childplacementcenter.org/about.php>

CPC, a faith based private nonprofit agency, provides maternity, adoption and Lullaby foster care services in a loving, caring, and confidential environment.

**Adoptionservices.org**

[http://www.adoptionservices.org/adoption\\_texas/adoption\\_agencies\\_belton\\_tx.htm](http://www.adoptionservices.org/adoption_texas/adoption_agencies_belton_tx.htm)

Our goal is very simple: Help pregnant women, new mothers, birth mothers and children in any way we can.

**Catholic Charities**

[catholiccharitiesusa.org](http://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](http://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](http://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/>.

## **Lifetime Adoption**

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

Lifetime Adoption assists African American couples wanting to adopt and birth mothers seeking African-American families. 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 provides one of the most extensive and up-to-date lists of financial grant and loan information. Jessica, Laura, and Courtney assist parents through their adoption process and provide helpful answers to your adoption questions. Email the FAC team at [info@faithfuladoptionconsultants.com](mailto:info@faithfuladoptionconsultants.com), or call (678)559-2164.

## **Lifesong for Orphans**

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

Lifesong's mission is to bring joy and purpose to orphans. Lifesong for Orphans helps establish much needed adoption funds at churches, and this organization provides adoption grants and interest free loans to prospective adoptive parents. Go online to [lifesongfororphans.org](http://lifesongfororphans.org), or call (309) 747-3556 for more information.

## **More Information on Adoption**

- **tax-credit.adoption.com:** Information on federal tax credits and subsidies.
- **Affording Adoption:** Information on adoption grant and loan programs.
- **Adopt Us Kids :** A nationally coordinated listing of children in foster care that are awaiting adoption.
- **Adoption Council:** Information on adoption agencies nationwide.

## Birthmother Support

### **Sally's Lambs**

[www.Sallyslambs.org](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 (877) 517-4463 ext. 804, or fill out the online contact form.

### **Embrace Grace**

[www.iembracegrace.com](http://www.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 [www.iEmbraceGrace.com](http://www.iEmbraceGrace.com) or email [info@iembracegrace.com](mailto:info@iembracegrace.com).

### **Other Birth Mother Resources**

- Birth Mothers: <http://birthmothers.org>
- Gladney Center for Adoption: [www.pregnancyhotline.org](http://www.pregnancyhotline.org), (800) 452-3639
- U.S. Department of Health and Human Services, Childwelfare Information Gateway: <https://www.childwelfare.gov/adoption/>

## Private Grant Programs

### **Gift of Adoption Fund**

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

Every year, Gift of Adoption Fund assists over 600 hopeful parents who are qualified to adopt but need the last bit of financial resources required to complete an adoption. The Gift of Adoption Fund has granted over \$3,900,000 to help change the lives of more than 1,300 children in need of families. For more information on financial assistance grants, please call toll-free (877) 905-2367, or email [info@giftofadoption.org](mailto:info@giftofadoption.org)

### **Brittany's Hope**

<http://www.brittanyshope.org/seedling/>

Brittany's Hope supports adoptions of special needs, older and sibling children by providing financial grants for special waiting children. Please call (717)367-9614, or email [Info@BrittanysHope.org](mailto:Info@BrittanysHope.org) for more information.

Other organizations that can assist you with your financial concerns include:

- [Adoption Tax Credit](#): Information on federal tax credits and subsidies.
- [Affording Adoption](#): Information on adoption grant and loan programs.
- [Adopt Us Kids](#): A nationally coordinated listing of children in foster care that are awaiting adoption.

## **Other Places to Look for Help**

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### **Local Non-Profit Agencies**

Every county has designated agencies that are established to help individuals in times of distress. Local non-profit agencies are equipped to assist single mothers with rent, utility bills, daycare assistance, food, clothing and other necessities. Because they will base the amount of your grant off of your assets and other personal criteria, you will be required to meet with a caseworker who will discuss their program and input your information, including your earned income, proof of residence, past due bills and dependent information. Local non-profit agencies include:

#### **Army Community Service**

Food locker is available to military families in need.

Bldg 121 761st Tank Battalion Drive

Phone: (254) 288-5003

#### **Lone Star Legal Aid**

This agency provides legal assistance free of Attorney Fees to low-income residents in non-criminal cases.

512 South Main Street, Belton, TX 76513

Phone: 1-800-234-6606

This agency provides legal assistance free of Attorney Fees to low-income residents in non-criminal cases.

#### **Salvation Army**

Help with utilities, food and prescriptions.

2604 West Ave M, Temple, TX

Phone: (254) 774-9996

Hours: Monday through Friday 9:00 – 3:00 p.m.

#### **St Vincent DePaul**

106 W. Avenue D, Temple, TX 76504

Phone: (254) 773-7591

Hours: Food is available Mon/Wed/Friday from 9:00 am – 3:30 pm and Tuesdays and Thursdays from 9:00 am – 5:30 pm

#### **Temple Community Clinic**

<http://templecommunityclinic.org/>

The Temple Community Clinic offers free services for general family practice and internal medicine for the working poor, qualified uninsured and those with overwhelming medical debt. The clinic is staffed by volunteers. To determine eligibility and set up an appointment call (254) 771-3374 or 3375 on Monday or Wednesday. You must bring a Texas drivers license or ID, proof of residency (water or electric bill), income information for entire household, and social security card.

1905 Curtis B. Elliott Drive, Temple, TX 76501

Phone: (254) 771-3374

## Community Churches and Religious Organizations

Some community churches and temples have organized programs to help single mothers and individuals with low incomes. While the requirements may not be as stringent as local organizations, some churches may still want applicants to show documentation to receive assistance. Local churches often have programs in place to help women with shelter, rent payments, utility payments, clothing needs and food attainment. In addition to local food banks, many churches also have food pantries for members of the community that are in need.

### **Body of Christ Community Clinic**

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

This clinic serves uninsured residents who live in Belton and Salado school districts. Medical and Dental services are provided

2210-B Holland Road, Belton, TX 76513

Phone: (254) 939-9500

### **Churches Touching Lives through Christ (CTLIC)**

Clients must go in person to apply for emergency assistance.

702 West Avenue G, Temple, Texas

Hours: Tuesday 1-4 p.m. and Saturday 9-12 p.m.

### **Immanuel Lutheran Church**

Food pantry available to people who have photo ID and can give their social security number.

Fellowship House

808 43rd Street, Temple, TX 76504

Phone: (254) 773-3898

Hours: Wednesdays from 1-3 p.m.

## Federal Assistance Organizations

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.

### **Temple Health Department**

The Temple Health Dept. no longer does prenatal care, nor the CHIP program. Clients are seen by appointment only. You must call for an appointment.

Services offered

- STD clinic Monday and Thursday 8AM-11AM and 1PM to 3PM There is a \$50.00 charge. which will cover treatment.
- Pregnancy tests are done on Monday and Thursday 8AM to 11AM and 1PM to 3PM
- Family Planning, birth control and pap smears
- Immunizations are given on Wednesday 7AM to 11AM and 1PM to 3PM if you have no insurance.

Hours of Operation:

Monday thru Thursday---7 a.m. to 4:30 p.m.—depending on what service is needed. CALL FIRST!

Fridays---7 a.m. to 11 a.m.—no clinic on that day. Call on Monday or Wednesday to make an appointment.

509 South 9th Street, Temple, TX 76504

Phone: (254) 778-4766

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

<http://www.acf.hhs.gov/programs/ofa/programs/tanf>

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

Texas Temporary Assistance for Needy Families (TANF):

<http://www.benefits.gov/benefits/benefit-details/1679>

Call the Texas Department of Human Service (DHS) toll-free at: 1-800-448-3927

Or send an e-mail to: [mail@dhs.state.tx.us](mailto:mail@dhs.state.tx.us)

### **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.

Resources for Single Parents: State & Federal Programs

<https://www.texasattorneygeneral.gov/cs/resources-for-single-parents>

## **Counseling Resources**

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### Pregnancy Options

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

#### **Hope Pregnancy Centers (Temple, Killeen, & Copperas Cove)**

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

#### **Option Line**

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

OptionLine provides free and confidential counseling as well as accurate information about pregnancy and pregnancy options. These centers support life-affirming choices, and they do not refer women to abortion providers. There are over 3,000 pregnancy resource centers across the country. Help is just around the corner. Find a pregnancy resource center near you at [www.optionline.org](http://www.optionline.org). Call (800) 712-HELP, or text HELPLINE to 313131 for assistance.

#### **Nurturing Networks**

[www.nurturingnetwork.org/](http://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](mailto:mary@nurturingnetwork.org)), or Ann ([ann@nurturingnetwork.org](mailto:ann@nurturingnetwork.org)).

### Parenting Support

It can be tough to parent as a young student, but there is support for you! If you are interested in local parenting classes or support programs, please contact:

#### **Hope Pregnancy Centers (Temple, Killeen, & Copperas Cove)**

<http://www.hopepc.com/Services/Parent-Prep>



## After Abortion

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.

### **Hope Pregnancy Centers (Temple, Killeen, & Copperas Cove)**

<http://www.hopepc.com/Services/After-Abortion>

Call the confidential abortion recovery line at (254) 289-1595

### **Rachel's Vineyard**

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

Rachel's Vineyard weekends for healing after abortion are offered throughout the year in locations across the United States and Canada, with additional sites around the world. They also offer a 15-week support group model for Rachel's Vineyard.

The program is an opportunity to examine your abortion experience, identify the ways that the loss has impacted you in the past and present, and helps to acknowledge any unresolved feelings that many individuals struggle with after abortion. Because of the emotional numbness and secrecy that often surrounds an abortion experience, conflicting emotions both during and after the event may remain unresolved. These buried feelings can surface later and may be symptoms of post abortion trauma.

### **Rachel's Vineyard: Fort Hood/Killeen (Interdenom), TX**

Local Host: Hope Pregnancy Centers, Inc

Contact Lovette Vassar at (254) 289-1595 or email [aclassic74@aol.com](mailto:aclassic74@aol.com)

### **Project Rachel**

<http://hopeafterabortion.com/>

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.

For more information, contact our local Project Rachel at [project-rachel@austindiocese.org](mailto:project-rachel@austindiocese.org)

### **Abortion Recovery**

<http://www.abortionrecovery.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.

### **Surrendering the Secret International**

<http://surrenderingthesecret.com/>

Phone: (727) 569-2232

Email: [surrenderingthesecret@yahoo.com](mailto:surrenderingthesecret@yahoo.com)

## **Other Counseling**

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.

### **Counseling at UMHB and Other Support**

<http://students.umhb.edu/sexualviolence/consider-counseling>

UMHB recommends that you consider seeking counseling as soon as possible. The university believes strongly in supporting victims whether or not they decide to file a criminal report.

#### **UMHB Student Counseling Center**

(254) 295-4696

Nate Williams, LPC, Director

Joy Muller, LCSW, Assistant Director

### **National Suicide Prevention Lifeline**

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

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.

**National Domestic Violence**

(800 799-SAFE (7233) or (800) 787-3224 (TTY)

National Domestic Violence provides anonymous and confidential help 24/7. Their website is <http://www.thehotline.org>.

## **Other Helpful Organizations**

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

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

AAPLOG is an organization of 2,500 members and associates who affirm the unique value and dignity of individual human life in all stages of growth and development from fertilization onward. 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>

### **Stand Up Girl**

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

Founded in 2000, this amazing website now reaches nearly 200,000 young people each month – over 2 million girls each year. Most guests remain on the site an average of 15 minutes, taking in phenomenal fetal development photography, life-like illustrations, remarkable video and a music room. In addition, the popular Forum, Blog and Chat Room features connect young women from all over the world who share their stories of hope and courage. Perhaps the most important component of the website is the real-life stories of girls facing their own crisis pregnancies and how our StandUpGirl.com team provides personal and individual guidance and concern to help them make a choice that both they and their baby can live with. StandUpGirl.com is among the most visited abortion-related websites in the world, and is changing hearts and saving lives!

### **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.

Contact information: (512) 651-6100

For more information visit: <http://ccctx.org/programs/austingplc/>

Find more help and resources at

**[PregnantonCampus.org](http://PregnantonCampus.org)**