



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

## **Helping Hand™**

*Health Education for Patients and Families*

### **Infant, Maternity, and New Parent Resource Guide**

Many programs in central Ohio will help you care for yourself and your baby during pregnancy and after birth. They offer resources that will help you have a healthy pregnancy and a healthy baby.

#### **Action for Children**

Action for Children has free information and can help you look at childcare options, parenting programs, and learning checkups for kids of all ages.

- Franklin County RISE program helps make childcare and early education more accessible to all.
- Empowered Fathers Empower Families offers parenting support for dads.

78 Jefferson Ave.  
Columbus, Ohio 43215

**Phone:** Call (614) 224-0222 extension 299 – available  
in English and Spanish

**Website:** [www.actionforchildren.org](http://www.actionforchildren.org)

#### **Birthright**

Birthright offers help for women with unplanned pregnancies. They provide maternity clothing and supplies such as diapers and wipes. No referral is needed.

2453 W. Mound St.  
Columbus, Ohio 43294

**Phone:** (614) 221-0844

**Hours:** Monday through Friday, 10 a.m. to 1:30 p.m.

**Disclaimer\*** Please note that Birthright does not provide or refer for abortions. Consult a licensed medical professional for prenatal care, including ultrasounds. Crisis centers do not have the same confidentiality or privacy standards as medical professionals and do not have to adhere to HIPAA. Please use your judgment to choose which organization best fits your needs.

## CAP4Kids

CAP4Kids is a website that helps families find low-cost and free community resources. Go online and search by zip code or category. You can also search in the language of your choice. Resources include help with:

- Baby supplies
- Breastfeeding
- Parenting support groups
- Low-cost health services
- Childcare
- Legal problems
- Transportation
- Rent and utilities
- Not being evicted

Sign up for the monthly newsletter to find out about free community events.

**Website:** <https://cap4kids.org/columbus>

## Celebrate One and StepOne

- Celebrate One is a community program to help reduce infant deaths. The website has information, resources, and support for pregnant or parenting women and teens. They also host community baby showers. Call (614) 645-1717.
  - **Email:** [celebrateone@columbus.gov](mailto:celebrateone@columbus.gov)
  - **Website:** <https://www.columbus.gov/celebrate-one/>
- StepOne helps women find affordable, timely and convenient prenatal care, and resources for a healthy pregnancy. Help with housing may be available for women over 18 years of age that are in their first or second trimester. Call (614) 721-0009.

## Center for Healthy Families

Center for Healthy Families is a free program for pregnant or parenting teens ages 13 to 19 who live in Franklin County. It provides a Resource Advocate to help you find parenting resources, housing, education, childcare, a job, and other needs. TaP (Teenage and Pregnant) social workers can refer you to this program or you can refer yourself.

500 South Front St.  
Columbus, Ohio 43215

**Phone:** (614) 884-4200

**Website:** <http://centerforhealthyfamilies.org>

## CHAMPS (College & High School Aspiring Mothers Partnership for Success)

CHAMPS is a mentoring program between single college students who are parents and Columbus area high school girls who are parenting or pregnant. CHAMPS offers one-on-one mentoring and online group mentoring. **You can only apply in the fall.** CHAMPS is through The Ohio State University ACCESS Collaborative Program.

**Phone:** (614) 247-7092

**Website:** <https://odi.osu.edu/champs>

**Email:** Jessica Parent at [parent.22@osu.edu](mailto:parent.22@osu.edu)

## CHLOE

CHLOE (Community, Health, Life Skills, Opportunities, and Education) is for pregnant teens and teen moms that are 13 to 21 years of age in Franklin County. Teens earn credit to get baby items by attending mentoring and education programs. Call (614) 477-1426 or visit [www.chloeinc.org](http://www.chloeinc.org)

### Columbus Public Health – Childhood Injury Prevention Program Car Seat and Safe Sleep (Crib) Programs

The car seat program provides new, reduced-cost car seats to families in need. To get a car seat, moms must be 33 to 35 weeks pregnant, and caregivers must attend a 1-hour class. They also hold free car seat checks at fitting stations throughout Columbus. Seats are for children birth to school age. Call for classes, seat check dates, or an appointment.

Safe sleep classes are 1 hour. They are offered to families who need help getting a free crib.

Car Seat Program	Safe Sleep Classes
240 Parsons Ave. Columbus, Ohio 43215 (614) 645-7748	240 Parsons Ave. Columbus, Ohio 43215 (614) 645-3111 (stay on the line to speak to an operator)
Website: <a href="https://www.columbus.gov/publichealth/programs/childhood-injury-prevention/">https://www.columbus.gov/publichealth/programs/childhood-injury-prevention/</a>	

### Columbus Public Health – Maternal & Child Health Home Visiting Programs

Programs are free for pregnant and parenting women. Services include home visits from nurses, social workers, and outreach workers.

- My Baby & Me
- Pregnancy Support Services
- Baby & Me Tobacco Free
- Fatherhood Fundamentals – services to support dads during pregnancy and after the birth of your child. **Phone:** (614) 645-8348
- Moms & Babies First
- Newborn Home Visiting

You can also get education and information about:

- Pregnancy
- Infant health
- How to find a doctor for your baby
- Help with applying for Medicaid and WIC
- Other services as needed.
- Women's health
- Child development
- Help with getting social services
- Support and help to solve problems and overcome barriers

**Call (614) 724-BABY (2229) to find the program that fits you best.**

## **Columbus Scholar House**

Affordable housing and childcare for eligible student parents. You must attend an accredited college or university full time. Student parents receive supportive services through OSU Access Collaborative program. CPO/Community Properties of Ohio Impact and OSU Access collaborate with Columbus State Community College.

910 East Broad St.

**Phone:** (614) 253-0984

Columbus, Ohio 43205

**Website:** <https://cpoimpact.org//scholarhouse.aspx>

## **Community Development for All People (CD4AP) and All People's Fresh Market**

This agency provides:

- Free produce, clothing, and household items to families in need
- Affordable housing on the South Side of Columbus
- Youth development
- Health coaching
- Low-cost bike repairs and more.

Also offers the All People's Fresh Market, which has free, fresh food 5 days a week. Go online for more information.

946 Parsons Ave.

Columbus, Ohio 43206

**Main Phone:** (614) 445-7342

**Free Store Phone:** (614) 443-1713

**Website:** [www.4allpeople.org](http://www.4allpeople.org)

## **Diapers**

For a list of resources for free diapers, visit: [www.columbusdiapercoalition.org/get-diapers](http://www.columbusdiapercoalition.org/get-diapers)

## Directions for Youth & Families

- **Teen Parent Connection** offers home, school, and community-based counseling, case management, and parenting programs to youth ages 12 to 21 who are parenting or pregnant. Referrals to other community resources are also provided.
- **Positive Paths Parenting Program** is for parents or caregivers with children of any age who want to learn basic parenting skills. Each class series has up to 8 hours of instruction. You will get a certificate when you're done. There is a fee for this program.
  - All classes are held at 1515 Indianola Ave. Columbus, OH 43201, or may be virtual.
- **Ready Set Grow (Kindergarten Readiness)** offers an in-home kindergarten readiness program that works with children and their parent or guardian to help with learning and help parents with child development skills. It is for children 3 to 6 years of age who are not on-track to be ready for kindergarten. Call for eligibility requirements.

1515 Indianola Ave.  
Columbus, Ohio 43201

**Phone:** (614) 294-2661  
**Website:** [www.dfyf.org](http://www.dfyf.org)

## Gladden Community House

Gladden is a settlement house serving Franklinton and its surrounding neighborhoods. They are a United Way-affiliated non-profit agency that provides education, recreation programs, emergency help, and support for individuals, families, and groups.

183 Hawkes Ave.  
Columbus, Ohio 43223

**Phone:** (614) 227-1600

**Gladden Food Pantry** provides help with emergency food to households living in zip codes 43222, 43223, and 43215 west of the Scioto River.

Gladden Food Pantry  
318 South Glenwood Ave.  
Columbus, Ohio 43223

**Phone:** (614) 228-2498  
**Website:** [www.gladdenhouse.org](http://www.gladdenhouse.org)

## GRIN (Gahanna Residents in Need)

Services include food pantry, diapers, utility help, back to school help, summer lunches, and other resources for Jefferson School District and 43230 zip code only.

165 Granville St.  
Gahanna, Ohio 43230

**Phone:** (614) 214-4747

## Help Me Grow/Healthy Families America

- **Healthy Families America (HFA)**– is for pregnant women, birthing people and new parents. If you or someone you know is pregnant or they recently had a baby, HFA might be right for you. If you choose to enroll; a specially trained family support specialist will visit with you during your pregnancy. They can keep visiting until your child is 3 years old. **Phone:** (614) 722-8222
- **The Early Intervention Program** – helps families with children birth to 3 years of age who have developmental delays and disabilities. The program focuses on concerns about a child's development, such as an infant or toddler's language, feeding, walking, handling of toys, seeing, or hearing. There are no income requirements. Ask a social worker for a referral or refer yourself. **Phone:** (614) 227-9860

## Huckleberry House

Offers help for youth who are struggling with homelessness, family conflict, poverty, and violence. A 24/7 Crisis Shelter offers a temporary safe place for teens ages 12 to 17 to stay. It includes meals, a bed, access to material help, counseling services, housing programs, and youth outreach.

**24-hour crisis phone number:** (614) 294-5553

**Website:** [www.huckhouse.org](http://www.huckhouse.org)

Main Campus	CARR/Youth Outreach Program	Counseling Center:
1421 Hamlet St. Columbus, Ohio 43201 (614) 294-8097	2216 Bancroft St. Columbus, Ohio 43219 (614) 826-3630	(614) 298-4131

## Imagination Library

Dolly Parton's Imagination Library of Ohio is a program that mails kids 1 book each month until their 5<sup>th</sup> birthday. All kids in Ohio are eligible at birth and it is no cost to families. Enroll at <https://ohioimaginationlibrary.org/enroll>

## Joint Organization for Inner-City Needs (JOIN)

Provides limited financial help for needs such as utilities that have been shut off or have shut-off notices, water, fuel, and help getting birth certificates. You will need a referral letter from an agency or organization. JOIN also makes referrals to community agencies so you don't have a repeat crisis.

578 East Main St.  
Columbus, Ohio 43215

**Phone:** (614) 241-2530 or (614) 241-2531

**Website:** [www.columbuscatholic.org/join](http://www.columbuscatholic.org/join)

## Joseph's Coat

Offers clothing, furniture, personal care items, and household goods to families in need. For furniture, a written referral from your church or a local agency is required.

240 Outerbelt St. Suite 5  
Columbus, Ohio 43213

**Phone:** (614) 863-1371

**Hours:** Tuesdays – 4 p.m. to 7 p.m.  
Wednesdays – 9 a.m. to 12 p.m.  
Saturdays – 9 a.m. to 12 p.m.

## LSS 211 Central Ohio

Full-service information and referral service that connects those in need with government and community resources and social services in Franklin County. This includes an Emergency Food and Shelter Program 24 hours a day, 7 days a week. It is free and private.

**Information Referral:** 2-1-1 or

**Websites:**

**Homeless Hotline:** (614) 224-6617,  
option 1

[www.211centralohio.org](http://www.211centralohio.org)

[www.lssnetworkofhope.org/211centralohio](http://www.lssnetworkofhope.org/211centralohio)

**Food line:** call (614) 341-2282 or  
text “FOOD” to (614) 702-7772

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

[www.josephs-coat.org](http://www.josephs-coat.org)

## Little Bottoms Free Store

Provides diapers, wipes, clothes, maternity items and baby supplies to any Franklin County family with children ages birth to 3 years of age or at least 28 weeks pregnant. Our mission is to support the most under-resourced families and babies on the Westside of Columbus and throughout Franklin County. Goal is to address the social determinants of health that impact our families and lead to higher infant mortality rates. Families are asked to register on our website ahead of time to get services. Spanish interpretation is provided. Caregiver photo ID and a sonogram, birth certificate, or medical record is required for each qualifying child ages 3 and under.

89 West Park Ave.  
Columbus, OH 43222

**Hours:** Thursdays from 6:30 to 8 p.m.

**Website:** <http://www.littlebottoms.org>



## Maternity Resource Center (MRC)

Provides free maternity clothing and infant and toddler clothing. Diapers, bottles, and other baby items are subject to availability. No referral is needed, but a picture ID is required for children. It must include their name and date of birth like a birth certificate.

Immanuel Baptist Church  
3417 Palmetto St.  
Columbus, Ohio 43204

**Phone:** (614) 272-7038

**Hours:** Wednesdays: 6:30 p.m. to 7:30 p.m.  
and the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month from  
10 a.m. to 12:00 p.m.

- Enter the north end of west side of the building. There is a blue and white sign over the door.

**Website:** [www.bflco.org/maternity-resource-center](http://www.bflco.org/maternity-resource-center)

## Mommies Matter

Support program for single moms who are pregnant or have a baby younger than 6 months of age. Goal is to get rid of barriers single mothers may face and offer various services and enrichment meetings.

**Phone:** (614) 723-9308 (call or text)

**Website:** <https://mommiesmatter.org/>

## Moms2B

Moms2B provides prenatal education and support programs each week for pregnant and parenting mothers. Free transportation to program sessions and childcare may be provided as well as food and rewards for attending. There are many locations around the Columbus area. Call for list of locations near you.

**Phone:** (614) 292-1605

**Email:** Moms2B@osumc.edu

**Website:**

[www.wexnermedical.osu.edu/moms2b](http://www.wexnermedical.osu.edu/moms2b)

## Dads2B

Dads2B offers prenatal education sessions to dads with various access to resources. Services may also include pregnant mothers. This program focuses on maternal, positive family structure and infant health.

1741 Main St.  
Columbus, Ohio 43205

**Phone:** (614) 817-1950

**Website:** [www.Urbanfdc.org](http://www.Urbanfdc.org)



## Nationwide Children's Hospital – Education Classes

700 Children's Dr.  
Columbus, Ohio 43205

**Phone:** (614) 355-0662

**Website:** <https://www.nationwidechildrens.org/family-resources-education/courses-for-parents-and-kids>

Offers a range of free and low-cost classes for children, teens, adults, and parents of infants and kids of all ages and abilities. Examples include:

- Adoption Academy
- ADHD Academy
- Basic Babysitter Training
- First Steps: Infant Care Class
- Safety City
- Sounds of Love in Early Childhood: Music Therapy
- Sibshops™ – for brothers and sisters of children with autism
- SPARK Program (Kindergarten Readiness) – free program that comes to your home to prepare your child for kindergarten.
- Adult-Infant-Child CPR
- Autism Academy
- Education for Diabetes
- Parenting Class: 1234 Parents!
- American Sign Language
- Triple P (Positive Parenting Program)

– **Phone:** (614) 355-0714

– **Email:**

[SPARK@nationwidechildrens.org](mailto:SPARK@nationwidechildrens.org)

## Nurse-Family Partnership (NFP) at Nationwide Children's Hospital

Nurse-Family Partnership is a program for when you are having your first baby. After you enroll, a specially trained nurse will visit you at home while you are pregnant and keep visiting until your baby is 2 years old. This is a free program for first-time, low-income moms and their babies. You must be enrolled by your 28<sup>th</sup> week of pregnancy. Enroll early. There is usually a waiting list.

**Call:** (614) 722-8222

**Text:** (844) 637-6667 (English or Spanish)

**Website:**

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

## Planned Parenthood

Provides low-cost sexual health care including birth control, emergency contraception, pregnancy testing and services, options counseling, termination referrals, HIV/STD counseling, care for LGBTQ teens, general health care, transgender hormone therapy, mammograms, fertility awareness and education, postpartum exams, and more.

North Central Health Center	Franklinton Health Center	East Columbus Surgical Center
18 East 17th Ave. Columbus, Ohio 43201 (614) 222-3604	1511 West Broad St. Columbus, Ohio 43222 (614) 222-3525	3255 East Main St. Columbus, Ohio 43213 (614) 222-3531

## POEM (Perinatal Outreach and Encouragement for Moms)

POEM offers free mom-to-mom support over the phone, by email, or in groups. There is free information about postpartum depression and other maternal mental health support. Provides referrals to special health care providers and community resources. RISE program provides POEM services by and for Black mothers. POEM is the Ohio Coordinator of Postpartum Support International (PSI).

**Mom-to-Mom Support Line:** (614) 315-8989      [www.poemonline.org](http://www.poemonline.org)

## St. Stephen's Community House

Provides material help for low-income families, has a food and nutrition center, offers child care for eligible families, STEM after-school programs and summer STEM camp. Achieve More & Prosper (A.M.P) is a summer youth employment program.

1500 E. 17<sup>th</sup> Ave.  
Columbus, Ohio 43219

**Phone:** (614) 294-6347  
**Website:** [www.saintstephensch.org](http://www.saintstephensch.org)

## STAR House

Open 24 hours day, 7 day a week drop-in center for youth who are homeless ages 14 to 24 years old. Provides access to food, laundry, hygiene items, links to community resources, possible housing help, employment help, and group mentoring.

1220 Corrugated Way  
Columbus, Ohio 43201

**Phone:** (614) 826-5868  
**Website:** [www.starhouse.us](http://www.starhouse.us)

## SPARK – Kindergarten Readiness Program

Offers a range of free and low-cost classes for children, teens, adults, and parents of infants and kids of all ages and abilities. Examples include:

**Website:** <https://www.ecresourcecenter.org/wba/content/contact-us/>

## Stowe Mission

A faith-based, non-profit organization that provides services, like pregnancy support, food pantry, tutoring, community kitchen, vision, dental, eye clinic, and more.

888 Parsons Ave.  
Columbus, Ohio 43206

**Websites:**

[www.stoweprc.org](http://www.stoweprc.org)  
[www.stowemission.org](http://www.stowemission.org)

**Phone:** (614) 445-8400 or (614) 620-7286

## Teen & Pregnant Program (TaP)

Offers prenatal and postpartum care for pregnant women up to the age of 21 and 6 months. Program also focuses on the overall health of mother and baby which may include the entire family and the father-to-be. A multi-disciplinary team works to support safe infant care, birth control options, positive parenting and school/family balance. Parent consent required at first visit for patients under the age of 18.

Adolescent Medicine Clinic/Livingston Ambulatory Center	
380 Butterfly Gardens Dr. Columbus, Ohio 43215	<b>Phone:</b> (614) 355-6350
<b>Website:</b> <a href="http://www.nationwidechildrens.org/teen-and-pregnant">www.nationwidechildrens.org/teen-and-pregnant</a>	

## The Urban League

A community based, non-profit, advocacy organization that empowers African Americans and marginalized groups through economic, educational, and social progress with programs, classes, and services. Programs including Father 2 Father which helps empower dads finding employment, managing money, emergency rental help and more. They also offer summer youth, parent enrichment, and neighborhood violence intervention.

788 Mount Vernon Ave.  
Columbus, Ohio 43203

**Phone:** (614) 257-6300

**Website:** <https://www.cul.org>

## Vineyard Columbus

Offers support to women who have an unplanned pregnancy. The resource center provides baby items for infants up to 2 years of age for those in need. There are no qualifications to

receive help, but a 30-minute intake meeting is required. Items are provided up to 4 weeks before the mother's due date and after the baby is born. Items may include baby clothing, bottles, diapers, blankets, pacifiers, formula, baby food, car seats, bouncers, and swings.

6000 Cooper Road  
Westerville, Ohio 43081

**Phone:** (614) 259-5528

**Website:** [www.vineyardcolumbus.org/ministries/value-life](http://www.vineyardcolumbus.org/ministries/value-life)

**\*Disclaimer\*** Please note that this center does not provide or refer for abortions. Consult a licensed medical professional for prenatal care, including ultrasounds. Crisis centers do not have the same confidentiality or privacy standards as medical professionals and do not have to adhere to HIPAA. Please use your judgment to choose which organization best fits your needs.

## Women's Care Center

Attend parenting and childbirth classes to earn coupons for baby clothing, furniture, cribs, wipes and blankets. Class schedules are online. Appointments are preferred but walk-ins are welcome. You can visit [www.womenscarecenter.org](http://www.womenscarecenter.org)

Location 1	Location 2
935 E Broad Street Columbus, Ohio 43235	3273 E Main Street Columbus, Ohio 43213
<b>Phone:</b> (614) 251-0200	<b>Phone:</b> (614) 235-3000
<b>Hours:</b> Monday through Friday – 9 a.m. to 5 p.m. Saturday – 9 a.m. to 12 p.m. Sunday – CLOSED	<b>Hours:</b> Monday through Friday from 9 a.m. to 5 p.m.

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