



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

Helping Hand™

Health Education for Patients and Families

Infant and Maternity Resource Guide

Many agencies and programs in the Columbus area can help you with things you need to care for your baby during pregnancy and while parenting. They offer many resources to help you have a healthy pregnancy and a healthy baby.

Action for Children

Action for Children provides free information and assistance with choosing childcare, parenting programs for mothers and fathers, parenting workshops and learning checkups for kids of all ages throughout Central Ohio. They also assist people who operate home-based childcare.

78 Jefferson Avenue, Columbus, Ohio 43215

(614) 224-0222 in English & Spanish or (855) 302-4453 Toll-free or (800) 750-0750 PTDD/Ohio Relay Service

www.actionforchildren.org

Birthright

Birthright offers emergency services and assistance for women with unplanned pregnancies. They provide referrals for prenatal care. Birthright also provides pregnancy and delivery education, maternity clothing, layettes, diapers, wipes and vouchers for other items. No referral required for Services. There are two locations.

Helpline (toll free) 1-800-550-4900

2453 W. Mound St
Columbus, Ohio 43294
Mon-Fri 10am-1:30pm
614-221-0844

4766 N High St
Columbus, Ohio 43214
Tues, Wed & Fri 1pm-3:30pm.
614-263-2514

Celebrate One and Step One

Celebrate One is a community initiative set up to reduce infant mortality. The website has information, resources and support for pregnant or parenting women and teens. Celebrate One also hosts Community Baby Showers.

StepOne helps connect women with affordable, timely and convenient prenatal care, and resources for a healthy pregnancy.

1111 East Broad Street, Columbus, Ohio 43205

(614) 721-0009

www.columbus.gov/celebrateone/

Center for Healthy Families

Center for Healthy Families is a supportive, free program for pregnant or parenting teens ages 13 to 19 in Franklin County. It provides a Resource Advocate to assist with parenting resources, housing, education, child care, employment and a variety of other needs. TaP (Teenage and Pregnant) social workers can make a referral or you are able to refer yourself.

500 South Front Street, Columbus, Ohio 43215

(614) 884-4200

<http://centerforhealthyfamilies.org>

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

CHAMPS is a mentoring program between college single parent students and Columbus area high school teen girls and young women who are parenting or pregnant. They offer one-on-one mentoring and online group mentoring. They accept applications into the fall for the school year. This program is provided through The Ohio State University ACCESS Collaborative Program.

Mailing Address: 154 West Twelfth Avenue, Columbus, Ohio 43210
Physical Address: 84 North Seventeenth Street, Columbus, Ohio 43203
(614) 247-7092 contact Jessica Parent @ parent.22@osu.edu

<https://odi.osu.edu/access/champs>

CHLOE

CHLOE (Community, Health, Life Skills, Opportunities and Education) allows you to earn credit to get baby items by attending mentoring and education services for pregnant teens and teen moms in Franklin County. Programs include Teen Mom Connections, Plus One, Mentoring and the Learning Lab. Ages include 13-21. Contact Connie for further information.

739 S. Yearling
Whitehall, Ohio 43213
(614) 477-1426

www.chloeinc.org

Choice Services

Choice parent resource center offers free maternity clothing, baby clothing, and other baby items. Open to the public; no referral needed. Located near 270 and Cleveland Avenue.

2584 Oakstone Dr.
Columbus, Ohio 43231
614-263-2229

Open Tuesdays and Wednesdays from 11 am to 4pm and 6 pm to 9 pm.

Columbus Public Health Childhood Injury Prevention Program Car Seat and Safe Sleep (crib) Program

This program provides reduced-cost car seats to low income families. Expectant mothers at 33 to 35 weeks and caregivers interested in the reduced cost car seat program are required to attend a one-hour class to receive a car seat for around \$30 to \$40 or a booster seat for \$10. The seats are new. There are free car seat checks at fitting stations throughout Columbus. Seats are available for children

through school age. Call for classes, seat check dates, or an appointment. Safe sleep classes are also offered to low-income families who need assistance obtaining a crib free of charge. Classes generally last one hour.

Car Seat Program

240 Parsons Avenue
Columbus, Ohio 43215
614-645-7748

Safe Sleep Classes

240 Parsons Ave
Columbus, Ohio 43215
614-645-3111/remain on line to speak
to an operator

<https://www.columbus.gov/publichealth/programs/childhood-injury>

Columbus Public Health - Maternal & Child Health Home Visiting Programs

- My Baby & Me
- Moms & Babies First
- Pregnancy Support Services
- Newborn Home Visiting
- My Baby and Me Tobacco Free

Programs provide free services to support pregnant and parenting women. These services include regular home visits from nurses, social workers and outreach workers.

You can get education and information on:

- pregnancy
- women's health
- infant health
- child development
- support and guidance to solve problems and overcome barriers
- help with applying for Medicaid and WIC
- finding a doctor for your baby
- help with getting social services

- other assistance as needed.

Call to be connected to the program that fits you best.

(614) 724-BABY (2229)

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

This program 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.

This also includes the All People's Fresh Market, which has free fresh food 5 days a week. Go online to find out more information about their different programs.

946 Parsons Ave

Columbus, Ohio 43206

Main Phone (614) 445-7342

Free Store Phone (614) 443-1714

www.4allpeople.org

Directions for Youth & Families

Teen Parent Connection offers home, school and community-based counseling, case management and parenting education 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 are in need of learning basic parenting skills. Each class series has up to 8 hours of instruction and a certification is given upon completion. There is a fee for this program.

All classes are held at 3616 East Main Street, Whitehall, Ohio 43213.

Ready Set Grow (Kindergarten Readiness) offers an in-home kindergarten readiness program working directly with children and parent or guardian to enhance learning and help parents with child development skills. For families with children 3 to 6 years of age who may not be ready for kindergarten. There are eligibility requirements.

1515 Indianola Avenue, Columbus, Ohio 43201.
(614) 294-2661

www.dfyf.org

Gladden Community House

Gladden Community House is a settlement house serving Franklinton and its surrounding neighborhoods. They are a United Way affiliated non-profit agency providing education and recreation programs, emergency assistance, and advocacy and support for individuals, families, and groups.

Gladden Food Pantry provides emergency food assistance to households living within service areas (zip codes 43222, 43223, and 43215 west of the river).

Hours of Operation

Monday and Wednesday: 1pm to 3pm

Tuesday, Thursday, and Friday: 9am-3pm

Location

318 S. Glenwood Ave.
Columbus, OH 43223
614-228-2498

HandsOn Central Ohio

Comprehensive information and referral service that connects those in need with thousands of social service, government and community resources. They help find a solution to any need. This also includes an Emergency Food and Shelter Program. Free and confidential, available throughout Franklin County 24 hours a day, 7 days a week.

Location: 195 north Grant Avenue, Columbus, Ohio 43215

- Information Referral: 2-1-1 or www.211centralohio.org

- Homeless Hotline: (888) 474-3587
- Foodline: (614) 341-2282 or text “Food” to (614) 702-7772

Resource Guides: resource@handsoncentralohio.org

www.handsoncentralohio.org

Help Me Grow/Healthy Families of America

The Home Visiting Program is a free program for first-time pregnant mothers who meet income requirements. A home visitor will provide pregnancy and parenting education, demonstrate nurturing parent-child activities, and connect you with community resources. Services are available until the child turns 3 years old.

The Early Intervention Program helps families of children from birth to 3 years old with developmental delays and disabilities. The program addresses 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. You may ask a social worker for a referral or refer yourself.

(800) 755-GROW (4769)

www.helpmegrow.ohio.gov

Joint Organization for Inner-City Needs (JOIN)

Provides limited financial assistance for various needs such as utilities that have been shut off or have shut-off notices, water, fuel and assistance with birth certificates. You will need a referral letter from an agency/organization for JOIN. Makes referrals to community agencies who assist in the prevention of repeat crisis.

578 East Main St.

Columbus, Ohio 43215

(614) 241-2530

www.columbuscatholic.org/join

Joseph’s Coat

Offers clothing, furniture, personal care items and household goods to families in need. Furniture requires an agency-written referral by your church or local agency/organization. Near Mount Caramel East Hospital.

240 Outerbelt Street

Suite 5

Columbus, Ohio 43213

Tuesdays 6 pm to 8 pm, Wednesdays 9 am to 12pm, Saturdays 9 am to 12pm

614-863-1371

www.josephs-coat.org

Little Bottoms Free Store

Their vision is to partner with CelebrateOne, the numerous Franklinton organizations who support the area, and neighborhood residents to create a healthy, supportive, and safe community for families in Franklinton and the west side of Columbus. They help provide diapers, wipes and clothing. They also accept donations.

This is a ministry of Central City Church, a United Methodist Church, done in partnership with West Park UMC, Bottoms Up Coffee, CelebrateOne and other neighborhood partners.

89 West Park Avenue

Columbus, OH 43222

Thursdays: 6:30-8pm

<http://www.centralcity.co/freestore>

Maternity resource centers

Provides free maternity clothing and infant and toddler clothing. Diapers, bottles and other baby items are subject to availability. No referral necessary but picture ID is required. ID for children that includes their name and date of birth, such as a birth certificate, is also required.

Immanuel Baptist Church

3417 Palmetto St.

Columbus, Ohio 43204

Wednesdays: 6:30 pm to 8:00 pm

Saturdays: 10am to 12:30 pm

North end of west side of building, Blue and white sign over the door

614-272-7038

www.bflco.org/maternity-resource-center

Moms 2B

Mom's2B provides weekly prenatal education and support programs for pregnant and parenting mothers. Free transportation to program sessions may be provided as well as free childcare, food and incentives for attendance. There are many locations around the Columbus area.

Phone: 614-292-1605

www.wexnermedical.osu.edu/moms2b

- Moms2B East
Ohio State University East-Wallace Auditorium
181 Taylor Avenue, Columbus, Ohio 43203
Thursdays 4:30-6:30pm
- Moms2B Linden
New Salem Baptist Church
2956 Cleveland Avenue, Columbus, Ohio 43224
Mondays 10am-12pm
- Moms2B North
Epworth United Methodist Church
5100 Karl Road, Columbus, Ohio 43229
Tuesdays 1-3pm
- Moms2B Weinland Park
Grace Missionary Baptist Church
1182 N. Sixth St., Columbus, Ohio 43201
Wednesdays 11am-1pm
- Moms2B Hilltop
Hillcrest Baptist Church
2480 W. Broad St., Columbus, Ohio 43204
Tuesdays 10am-12pm

- Moms2B Franklinton
Mount Caramel West
Healthy Living Center
777 W. State St., Columbus, Ohio 43222
Thursdays 11am-1pm
- Moms2B South
Community Development for All People
946 Parsons Ave., Columbus, Ohio 43206
Mondays 3-5pm
- Moms2B Southeast
New Birth Christian Ministries
3475 Refugee Road, Columbus, Ohio 43232
Wednesdays 1:30pm-3:30pm

Nationwide Children's Hospital education classes

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
- Adult-Infant-Child CPR
- ADHD Academy
- Autism Academy
- Basic Babysitter Training
- Community Education for Diabetes
- Infant Care
- Parenting Class: 1234 Parents!
- Triple P (Positive Parenting Program) 614-598-1882
- Sibshops-for brothers and sisters of children with autism
- Sounds of Love in Early Childhood: Music Therapy

700 Children's Drive, Columbus, Ohio 43205
614 355-0662
Nationwidechildrens.org/education-classes

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

Nurse-Family Partnership is a program for women who are having their first baby. If you enroll, a specially trained nurse will visit you in your home throughout pregnancy and continue to visit until your baby is 2 years old. This is a free program for first-time, low income moms and their babies. Women must be enrolled no later than the 28th week of their pregnancy. Let your TaP team help you enroll as soon as possible as there is often a waiting list!

655 East Livingston Avenue, Columbus, Ohio 43205
(614) 722-8222

www.nationwidechildrens.org

POEM (Perinatal Outreach and Encouragement for Moms)

POEM offers free mom-to-mom support over the phone, email or in groups. You will find free information about postpartum depression and other maternal mental health support. Referrals to specialized health care providers and community resources are also available. POEM is the Ohio Coordinator of Postpartum Support International (PSI).

2323 West Fifth Avenue, Columbus, Ohio 43204
General Contact 614-221-1441, ext. 104
Columbus Support Line: 614-315-8989

www.poemonline.org

St. Stephen's Community House

Provides parenting classes to parents who have open Child Protective Services (CPS) cases only as they have a contract with CPS. Sessions last 4 weeks and are 4 hour sessions. Interested parents must call to schedule in advance.

1500 E. 17th Avenue, Columbus, Ohio 43219
(614) 294-6347 ext. 157

Urban League

This is a community based, non-profit, advocacy organization. It works to empower African Americans and marginalized groups through economic, educational and social progress with programs, classes and services. Visit the website to learn more about the different programs that fall under these six categories:

- Restoring Citizens
- Keeping My Home
- Growing Our Kids
- Money & Mortgages
- Jobs & Training
- African American Male Initiative

788 Mount Vernon Avenue, Columbus, Ohio 43203
(614) 257-6300

<https://www.cul.org>

Vineyard Columbus

This program is offered to support women who are experiencing an unplanned pregnancy. The resource center operates on donations from the community to provide baby items for infants up to 18 months for those in need. There are no qualifications to receive assistance but a 30 minute intake meeting is required. Items are provided 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
614-259-5528

www.vineyardcolumbus.org/ministries/value-life

Westside Free Store Ministries

Provides free clothing and supplies for pregnant women and families with infants.

61 South Powell Avenue - Columbus, Ohio 43204

Open Mondays, Thursdays and Saturdays.

614-351-5480

Store Hours:

Monday Doors open at 9:30 AM Shopping 10 AM to 12:00 PM

Thursday Doors open at 2:30 PM Shopping 3 PM to 5:00 PM

Saturday Doors open and meal at 11:00 AM Shopping 11:30 AM to 1:30 PM

www.westsidefreestore.org

Women's Care Center

Attend parenting and childbirth classes to earn coupons for baby clothing, furniture, cribs, wipes and blankets. Class schedules are available online.

Appointments are preferred. Walk-ins welcomed. There are 2 locations:

935 E Broad Street

Columbus, Ohio 43235

Monday-Friday 9 am to 5 pm

Saturday 8 am to Noon

614-251-0200

3273 E Main Street

Columbus, Ohio 43213

Mon, Tues & Thurs 9 am to 5 pm

Wednesday & Friday 8 am to 4 pm

614-235-3000

www.womenscarecenter.org/locations/columbus