



Student Parents At Mānoa

Pursuing Education
While Parenting

ENROLLED & EXPECTING

If you become pregnant while you are enrolled, the University Women's Health Clinic http://www.hawaii.edu/shs/our_services/clinics.php and local Planned Parenthood Clinic <http://www.plannedparenthood.org/health-center/hawaii/honolulu/96814/honolulu-clinic-2951-90355> offer pregnancy testing and non-judgmental supportive counseling to assist with decision-making.

If you continue your pregnancy, decisions about finishing the semester and returning to classes after childbirth require planning. Each woman's circumstances are unique. For information on Lactation Rooms, see other resources at the bottom of the page.

TITLE IX Protects Pregnant Students



Title IX and Pregnancy Discrimination:
By Mary Ann Mason, PhD
(AAS Partner in Tools for Change) **Who Knew?**

This guide offers general advice and guidance, including useful resources and strategies for navigating college during pregnancy and as a student parent at UH Mānoa. This guide is organized in the following sections:

PREGNANT? CHECKLIST OF STEPS TO TAKE

Pregnant & Finishing the Semester – Your Rights & Options

HAVING A CHILD & TAKING TIME OFF FROM SCHOOL

CONTINUING SCHOOL AS A STUDENT PARENT

FOLLOW THESE LINKS FOR MORE INFORMATION ABOUT:

[CHILD CARE OPTIONS](#)

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PREGNANT? CHECKLIST OF STEPS TO TAKE

- ❑ Seek appropriate prenatal care, including WIC (<http://health.hawaii.gov/wic/>)

- ❑ Get appropriate health insurance. Pregnant women within income limits are eligible for QUEST (if you do not have coverage). <http://mybenefits.hawaii.gov/>
- ❑ Make any necessary school arrangements (i.e. extensions, withdrawals, leave of absence, etc.)
- ❑ Seek support from campus counseling services (<http://manoa.hawaii.edu/counseling/>) if necessary.
- ❑ Consider applying for public assistance (i.e. Food Stamps, Temporary Assistance to Needy Families (TANF is available in 9th month).
- ❑ Consider childcare options and sign-up or apply early-on!
- ❑ Decide when you would like to return to school and at what capacity.
- ❑ Consider the various schooling options UH offers (i.e. on-line and/or night classes through Outreach College) in addition to daytime classes.

PREGNANT & FINISHING THE SEMESTER -

Sharing your pregnancy status with faculty is a personal decision. However, communication with faculty is important when any medical or family situation could impact your class attendance or coursework completion. If your pregnancy impacts your ability to attend or complete classes, you need to discuss this with your doctor, and then your faculty to make arrangements. Many women continue with their full schedules while pregnant, but everyone must evaluate their own situation and situations can change.

YOUR RIGHTS WITH TITLE IX (GENDER NON-DISCRIMINATION IN EDUCATION)

- You cannot be penalized for missing classes, if you have a medical note from your Dr. re: pregnancy
 - Individual faculty cannot establish attendance rules that conflict with federal law
 - If you need assistance discussing your absences with your faculty, contact Teresa Bill at SPAM (956-9313) gotkids@hawaii.edu or UHManoa's Title IX Coordinator, Dr. Lori Ideta (956-3290) or ideta@hawaii.edu
 - Download this pdf, "[Pregnant & Parenting Students' Rights: FAQ for College Students](http://manoa.hawaii.edu/studentparents/downloads/faq_NWLC_2012.pdf)" for more info (http://manoa.hawaii.edu/studentparents/downloads/faq_NWLC_2012.pdf)
- ✚ Pregnancy is tiring. You may want to find a quiet place to rest during the day. Ask your department if there is a student lounge available for use. The [Women's Center](#) is a safe and comfortable space on campus located in [QLCSS #211](#).

Lactation Spaces on Campus - Need a lactation room to express your milk on campus?

Two options on campus:

1. **Hamilton Library** - <http://library.manoa.hawaii.edu/about/lactationroom.html> click on link to reserve a room online.
2. **Women's Center** - Email: gotkids@hawaii.edu or call: 956-8059 or stop by QLCSS #211 to reserve a space. There is a comfortable lounge with wireless internet, a refrigerator and a microwave.

HAVING A CHILD & LEAVING SCHOOL?

WHEN IS THE BABY DUE?

- If your delivery date, or other pregnancy-related issue interferes with your ability to finish your current semester then you should communicate with faculty and make plans for an "incomplete" grade and finishing your coursework. If you have a medical note and your pregnancy interferes with class

attendance, you must be given the opportunity to make up work. If you need assistance communicating with faculty about this issue, please contact Teresa Bill at SPAM (956-9313) gotkids@hawaii.edu or UHManoa's Title IX Coordinator, Dr. Lori Ideta (956-3290) or ideta@hawaii.edu

If you decide to take time off from school after delivery you will want to make a plan to return later.

HOW TO GET A “LEAVE OF ABSENCE”

In order to leave school and return later without having to re-apply, you will need to apply for a “Leave of Absence”. A leave of absence application is processed through your College/School Departmental Office (i.e. Colleges of Arts and Science if you are a social science major). You will need to have your College Academic Services Dean sign your form. If you are in good academic standing (cumulative GPA 2.0 or higher) you are eligible for a total of two semesters (or one academic year) of “leave” during your undergraduate study.

The Mānoa Advising Center assists students without a declared major. Check [Student Academic Services Directory](#) for information about other Colleges. Many majors fall within the Colleges of Arts and Sciences. To schedule an appointment with a counselor at the [Colleges of Arts and Science](#). To reach by phone, call 956-8755.

Graduate students - Graduate students apply for leave of absence with the [Graduate Records Office](#). For more details consult the [Graduate Division](#) website. The application for leave of absence can be downloaded from [here](http://manoa.hawaii.edu/graduate/content/forms) (<http://manoa.hawaii.edu/graduate/content/forms>)

Timing

You need to submit your signed form to your College/School Departmental Office prior to the "First day of instruction" in the intended semester of leave, or at the time of a complete withdrawal (if mid-semester). Schedule an appointment with an academic counselor at your College Departmental Office as soon as possible.

Withdrawing from Classes

(http://www.hawaii.edu/myuh/manoa/spring2008/change_reg/withdrawal.htm)

To completely withdraw prior to the first day of instruction, you may drop all of your courses online via MyUH. To drop your classes in person, visit the Records Office in QLCSS # 010 and submit a “Cancellation of Registration.” To contact the Records office by phone, call 956-8010.

To completely withdraw after the semester begins, you will need to obtain a “Complete Withdrawal Form” from your College Student Academic Services office. All “complete withdrawals” after the semester begins must be done in-person. Follow the instructions on the form and obtain all the required approvals and clearances. All University balances must be cleared/paid before the form can be processed. Finally, take your completed form to the University Cashier's Office Service Windows (QLCSS #105) by the deadline. Financial aid recipients must also contact the Financial Aid Office.

Check the [Academic Calendar](#) for Withdrawal deadlines.

Financial Aid & Pell Grant

To understand how a withdrawal impacts financial aid, you must speak to a financial aid officer. If you have already received aid for the semester, talk to a financial aid counselor before processing a

withdrawal. Depending on the date of withdrawal and other factors, some of the funds may need to be returned.

To schedule an appointment, or to visit the Financial Aid Office, call (808) 956-7251. They are located in QLC # 112. For more information, please read Implications for [Withdrawing from Classes](#) found on the UHM financial aid website [UHM Financial Aid](#).

Note: Your financial aid package is based on enrollment. If your schedule drops below full-time, then your financial aid award will be adjusted accordingly.

Notifying Faculty

If you choose to withdraw from your current semester it is important to contact your professors/instructors as soon as possible. Be aware of the semester's "restricted" withdrawal deadline (check the [Academic Calendar](#)). Meet with an academic counselor within your college to explore your options. Remember that you can request an "incomplete" grade with the opportunity to complete your coursework.

University Counseling Services

Being pregnant and having a child while attending college can be overwhelming. If you need support or help figuring out how to face a range of possible difficulties, consider visiting with a counselor. [The Counseling and Student Development Center \(CSDC\)](#) at UH Mānoa provides personal, career, and education counseling that is confidential and free for Mānoa students.

The [CSDC](#) office is located in **QLCSS #312** and is open from 8am to 4:30pm, M-F. Call 956-7927 or visit them in-person to schedule an appointment. Visit their [Website](#) for more information about their services.

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CONTINUING SCHOOL AS A STUDENT PARENT

Juggling a new baby and school can be difficult, however it's not impossible. Make a plan to return when you are ready and figure out ways to stay academically engaged. Both full-time and part-time enrollment are options, as are online courses, and evening classes. There are lactation rooms available for use on campus. Please call the Women's Center at 956-8059 or email gotkids@hawaii.edu for more information.

NOTE: Financial aid awards are directly proportional to enrollment (i.e. if you enroll part-time then you will receive a partial financial aid award).

[ONLINE CLASSES & DISTANCE LEARNING](http://www.hawaii.edu/dl/) (<http://www.hawaii.edu/dl/>)

Distance learning, or enrolling in online classes, might be a convenient option for continuing school. UH Manoa students have the option of attending classes and registering for classes (including online courses) that are offered at any of the other UH campuses. Enrolling part-time in classes at any of the other UH campuses will not affect your enrollment status at UH Manoa, except Financial Aid is based on your "home campus." Online courses are offered at several of the UH campuses. Click here to view [Online Course Listings](#).

If you have any questions, contact the Admissions & Records Office at (808) 956-8975. (http://www.hawaii.edu/dl/courses/?vw_campus_id=CC)

[HOW TO REGISTER FOR ONLINE CLASSES](http://www.hawaii.edu/myUH/manoa) (<http://www.hawaii.edu/myUH/manoa>)

To register for an online class offered on another UH campus, go to MyUH Portal and begin by following the same procedure as you would for adding a class at UH Manoa. You may instead select the alternative campus (where the online class is being offered), then proceed to add the class. Go to the [Manoa Registration Homepage](http://www.hawaii.edu/myUH/manoa) (<http://www.hawaii.edu/myUH/manoa>) for more information about registering for online classes.

Courses completed at other UH campuses can officially be transferred (upon request) to your UHM transcript through the Admissions and Records office. If you need additional assistance contact the [Admissions and Records Office](http://www.hawaii.edu/admrec/) (<http://www.hawaii.edu/admrec/>) by phone (808) 956-8975, or in person at Rm. 001 QLCSS.

Note: While it is possible to register for classes at other UH campuses, be aware that:

- ❑ Financial Aid is allocated according to your “home campus.”
- ❑ If you are exempt from the non-resident tuition differential at UHM you may be required to pay non-resident tuition at another campus.
- ❑ Courses offered at other institutions may not transfer, even if the course numbers are the same.
- ❑ Registration policies and procedures may vary. Please consult with the campus offering the course.

[OUTREACH COLLEGE](http://www.outreach.hawaii.edu/) (<http://www.outreach.hawaii.edu/>)

The Outreach College offers regular UHM credit courses, however classes are typically offered in the evening or on the weekend. The course credits offered can either make-up your total course load, or count toward your full-time enrollment for a semester. After a course is completed, credits appear on your UHM transcripts without having to transfer them.

NOTE: Tuition for Outreach College extension courses need to be paid for separately from your regular "day" school tuition. Academic department tuition waivers and funds disbursed by Financial Aid Services are not accepted for Outreach College courses.

To contact the Outreach College call (808) 956-7221 or visit them on-campus at Krauss Hall 101. Click here to visit their [Website](http://www.outreach.hawaii.edu/): <http://www.outreach.hawaii.edu/>.

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CHILD CARE OPTIONS

It can be difficult to manage school and childcare at the same time. Listed below are some childcare resources that may be helpful. Additional childcare information can be found on the [SPAM Childcare](http://manoa.hawaii.edu/studentparents/resources/child_care.htm) website. (http://manoa.hawaii.edu/studentparents/resources/child_care.htm)

[PEOPLE ATTENTIVE TO CHILDREN \(PATCH\)](http://www.PatchHawaii.org) (<http://www.PatchHawaii.org>)

This program is a statewide childcare resource and referral agency. PATCH manages a database of childcare providers and programs. You can check out PATCH's website for [online descriptions of childcare options](http://www.patch-hi.org/families/childcareOptions.asp) (<http://www.patch-hi.org/families/childcareOptions.asp>) and for information about options for [paying for childcare](http://www.patch-hi.org/families/payingforcare.asp). (<http://www.patch-hi.org/families/payingforcare.asp>) It is important to get on the waiting list as soon as possible. (Email: Patch@PatchHawaii.org, or visit them online at <http://www.PatchHawaii.org>; Phone: (808) 839-1988 (Oahu)

To apply you will need:

- Your name
- Mailing address
- Child's name
- Child's birthday
- Desired area of childcare

Provider Selection

It is best to call each provider, set up an interview, visit and observe. These websites will provide you with questions you should ask prospective providers. Visit [Locating and Choosing Child Care from PATCH](http://www.patchhawaii.org/families/locateprovider.asp).
<http://www.patchhawaii.org/families/locateprovider.asp>

Safety Checklists for Choosing Child Care

AWARENESS is a must. Learn what to ask and what to look for in order to select a qualified provider. There are two checklists to choose from. Pick the one that's right for you. Take the checklists with you on visits. Visit [Check Child Care Aware](http://www.childcareaware.org/en/child_care_101/choosing_child_care.php) (http://www.childcareaware.org/en/child_care_101/choosing_child_care.php) and the [UH Center on the Family](http://uhfamily.hawaii.edu/). (<http://uhfamily.hawaii.edu/> for more information)

EARLY HEAD START AND HEAD START (**PACT** (<http://hawaii.gov/dhs/self-sufficiency/childcare/headstart/>) & **HCAP**) <http://www.oahuheadstart.org/>

Early Head Start (prenatal, infant/toddler program) and Head Start (3-5 yrs old program) is a FREE or low-cost comprehensive child development program that supports low-income families.

Over 80 Head Start sites can be found island wide in elementary schools, high schools, churches and community parks. All childcare providers are military-certified or state-licensed.

Full-day (Hours 7am to 5pm) and half-day (8am to 12pm) childcare program options are available. If you qualify for the free half-day program, you are eligible to pay \$380.00 per month for full-day childcare. *State and private tuition subsidies are available for eligible families.

Head Start accepts applications all year long. Pre-Natal parents are welcome. Every January they accept children ages 3 to 5 year old. In order to stay in the program you must to re-apply every year. Application can be downloaded from the Internet. Child Care Connection can pay the \$380.00.

To apply you will need:

- Income Verification (pay stubs for past 12 months, tax returns etc.)
- Copy of Child's Birth Certificate
- Adult TB clearance
- Child TB Clearance
- Copy of Child's medical insurance card

For more information call: (808) 842-5996 (Early Head Start) and (808) 676-2790 (Head Start) or visit the [DHS Website](http://hawaii.gov/dhs/self-sufficiency/childcare/headstart/). (<http://hawaii.gov/dhs/self-sufficiency/childcare/headstart/>)

UH MANOA CHILDREN'S CENTER (<http://www.hawaii.edu/childrenscenter>)

The UHM Children's Center provides on-campus early education for 2-5 year old children of UHM students, staff, and faculty. To apply for a space on the waiting list, you will need to complete an application. Spaces fill up quickly, so it is important to get on the waiting list as soon as possible. To apply for a space, please do the following:

1. Fill out and return the Application for Services and pay the non-refundable application fee of \$25.00. Your application will be placed on our waiting list.

Make your check or money order out to the University of Hawai'i and send to:

The University of Hawai'i at Manoa Children's Center
2600 Campus Road
Queen Liliuokalani Center Room 408
Honolulu, Hawaii 96822

2. Call (808) 956-7963 to schedule a school visit. Please inform them when you call, if you have any disability-related needs so they can arrange appropriate accommodations.

After you apply, phone calls checking the child's wait list status are welcomed, as well any questions you may have about the basic operations or curriculum. For more information about services, rates and availability, and schedules, please visit the [Website](http://www.hawaii.edu/childrenscenter). <http://www.hawaii.edu/childrenscenter>

[KAMA'AINA KIDS](http://www.KamaainaKids.com) (<http://www.KamaainaKids.com>)

Kama'aina Kids is a licensed preschool service that provides early education and childcare to families statewide. Full-day, half-day, and part-week programs for children ages 2-5 years (infant/toddlers at some locations). To contact call: (808) 262-4538, toll-free at 1-888-345-4374, or visit their website at: <http://www.KamaainaKids.com>.

[A+ PROGRAM](http://doe.k12.hi.us/programs/aplus.htm) (<http://doe.k12.hi.us/programs/aplus.htm>)

The A+ program is an after school child care program. Call 737-5544 for more information, or visit their website at <http://doe.k12.hi.us/programs/aplus.htm>. You can also download registration forms off of the website.

CHILD CARE CENTERS AND PRESCHOOLS AROUND UH MANOA

Name	Contact	Ages	Hours
UH Manoa Children's Center	956-7963	2-5	8:00am-5:00pm
Our Redeemer Preschool	945-7765	2-5	6:00am-6:00pm
Manoa Valley Church Preschool	988-3271	2.5-5.75	7:00am-5:00pm
Montessori Community Preschool	522-0244	2-12	7:30am-5: 30pm
St. Clement's School	949-2082	3-5	7:30am-5:00pm
KCAA-Mother Rice Preschool	941-9414	2-5	7:00am-5:00pm
Olivet Baptist Preschool	949-7548	3-4	7:00am-5:00pm
Honolulu Christian Preschool	973-4340	3-5	7:00am-5: 30pm
Maryknoll Preschool	952-7100	4-5	7:50am-5:30pm
Playmate Daycare Preschool	536-6442	2.5-9	7:00am-5:00pm

Central Union Preschool	946-4025	2.5-5	7:00am-5: 30pm
The Early School	955-5881	2-5	7:00am-5: 30pm
University Avenue Baptist Preschool	947-6679	2.9-5	7:00am-5: 30pm

<http://www.hawaii.edu/childrenscenter/> ; <http://lchwelcome.org/preschool.html> / ;
<http://www.montessori.org/> ; <http://www.kcaapreschools.org/> ;
<http://www.olivetpreschool.com/index.html>

FINANCIAL ASSISTANCE FOR CHILD CARE

[Child Care Connection](http://hawaii.gov/dhs/self-sufficiency/childcare/) (<http://hawaii.gov/dhs/self-sufficiency/childcare/>) helps low-income families pay for child-care services for children, ages newborn to 13 years old. Applications are accepted year round; awards are based on family size, income and work or school activity. The application process takes approximately 30 days.

To apply you will need:

- Your resident address
- Child's birth certificate
- Parent and child's social security numbers
- Past two months pay stubs OR school registration & schedule of classes

Download the [online application](#). Fill out the application and send it to the [Child Care Connection](http://hawaii.gov/dhs/self-sufficiency/childcare/) (<http://hawaii.gov/dhs/self-sufficiency/childcare/>) office nearest to your home. You can also go to any Child Care Connection Office and pick up an application.

Application Offices on Oahu:

Kuakini Unit (Hawaii Kai to Halawa): (808) 832-3800

Nanakuli Unit (Aiea, Wahiawa, Wailua, Waipahu, Makaha): (808) 692-7777

Kailua Unit (Makapuu to Haleiwa): (808) 233-5325

[Preschool Open Doors](http://www.ecs.org/dbsearches/search_info/PreK_ProgramProfile.asp?state=HI) http://www.ecs.org/dbsearches/search_info/PreK_ProgramProfile.asp?state=HI
 Supported by the Department of Human Services, Preschool Open Doors helps families pay for preschool for children ages 19 months to 5 years. Specialized for children with special needs, English as a second language and the homeless. The application process is approximately 30 days. Call the O'ahu office at (808) 587-5254 Start Early! Applications are accepted between March and April yearly.

[The Native Hawaiian Child Care Assistance Project](http://www.alulike.org/) (<http://www.alulike.org/>)

The project, supported by Alu Like, Inc., assists with the cost of childcare for Native Hawaiian children. Gross family income determines the amount of assistance you may receive. Call (808) 535-1300 to find out if you meet the eligibility for participation. Enrollment: Statewide, there are limited funds available.

[Pauahi Keiki Scholars Program](http://www.pauahi.org/) (<http://www.pauahi.org/>)

This scholarship program services for children (3-4 yrs. old) of Native Hawaiian ancestry. Preschool program must be approved by Kamehameha Schools. Application deadline is April of each year. Contact: (808) 534-8080

General Pointers for Obtaining Childcare:

1. **APPLY EARLY** - If you plan to enroll your child in the Fall semester, call the child center well ahead of time, maybe in January. There may be waiting lists or no seats available if you wait till the last minute.
2. **PART DAY, PART WEEK** - Ask the provider if there are options for the types of day care. Having your child enrolled for part of the day or week may be more cost effective and may fit your schedule better.

TAKE YOUR CHILD TO THE INTERVIEW - When you go on a tour of the day care center, bring your child. Observe your child's actions. If they are comfortable there, then they probably like it.

For more information about Child Care options, please visit the Child Care section on the [Bridge to Hope Website](http://www.hawaii.edu/bridgetohope/resources/child_care.htm): http://www.hawaii.edu/bridgetohope/resources/child_care.htm

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SOCIAL SERVICES

[ALOHA UNITED WAY--DIAL \(2-1-1\)](http://www.auw.org/findhelp/default.aspx) (<http://www.auw.org/findhelp/default.aspx>)

For general Medical and Financial Assistance information contact Aloha United Way by dialing **2-1-1**. Specialists are available to search a database of over 4,000 government and nonprofit services and programs.

[HAWAII QUEST & MEDICAID](http://www.med-quest.us/eligibility/EligPrograms_PW.html) (http://www.med-quest.us/eligibility/EligPrograms_PW.html)

The QUEST and Medicaid programs give enhanced access to pregnant women, which include prenatal care and other medical services. **There is no waiting list for pregnant women.** Pregnancy-related special eligibility provisions apply to women through the term of their pregnancy and for 60-days after childbirth. If eligible, medical coverage includes prenatal care, necessary tests, labor and delivery costs, hospital charges and doctor or certified nurse-midwife charges. Medical services for the newborn will also be covered.

For more on [Eligibility Requirements](http://www.med-quest.us/eligibility/Eligibility_DoIQualify.html) (http://www.med-quest.us/eligibility/Eligibility_DoIQualify.html) or [How to Apply](http://www.med-quest.us/eligibility/Eligibility_App.html), (http://www.med-quest.us/eligibility/Eligibility_App.html) visit the [Quest Hawai'i Website](http://www.med-quest.us/eligibility/EligPrograms_PW.html). (http://www.med-quest.us/eligibility/EligPrograms_PW.html)

Click here to access the [Quest Application](http://www.med-quest.us/eligibility/Eligibility_App.html) (for children and pregnant women only). Application forms can also be sent to you by mail, or can be picked up at one of the local [Quest eligibility offices](http://www.med-quest.us/eligibility/Eligibility_App.html). (http://www.med-quest.us/eligibility/Eligibility_App.html)

[DEPARTMENT OF HUMAN SERVICES \(DHS\)](http://hawaii.gov/dhs) (<http://hawaii.gov/dhs>)

For general information about DHS programs, eligibility requirements and how to apply for public assistance visit the [DHS Homepage](http://hawaii.gov/dhs). (<http://hawaii.gov/dhs>) Some of the helpful programs include:

- ❑ [Temporary Assistance to Needy Families \(TANF\)](http://hawaii.gov/dhs/self-sufficiency/benefit/index_html#TANF) (http://hawaii.gov/dhs/self-sufficiency/benefit/index_html#TANF)
- ❑ [Food Stamps Assistance](http://hawaii.gov/dhs/self-sufficiency/benefit/FNS) (<http://hawaii.gov/dhs/self-sufficiency/benefit/FNS>)
- ❑ [Child Care Connection Hawaii](http://hawaii.gov/dhs/self-sufficiency/benefit/dhs/self-sufficiency/childcare) (<http://hawaii.gov/dhs/self-sufficiency/benefit/dhs/self-sufficiency/childcare>)

NOTE: Eligibility for DHS services begins in month 9 of the pregnancy.

[WOMEN, INFANTS, AND CHILDREN \(WIC\)](http://hawaii.gov/health/family-child-health/wic/) (<http://hawaii.gov/health/family-child-health/wic/>)

WIC is a free program designed for low-income women, which provides nourishing supplemental foods, nutrition education, and health and social service referrals. WIC participants are either pregnant, breastfeeding, or postpartum women, infants and children under age five who meet income guidelines. When you enroll in WIC you are supplied with vouchers to buy foods such as milk, juice, eggs, cereal, cheese, and peanut butter.

For more information and details about eligibility requirements visit the [WIC Website](http://hawaii.gov/health/family-child-health/wic/). (<http://hawaii.gov/health/family-child-health/wic/>) Individuals with proof of Quest or TANF benefit documents or food stamps meet WIC income eligibility requirements. To enroll, call to make an appointment: 586-8175 (Oahu). For your first appointment, you will need:

1. Proof of income (i.e. pay stubs, tax return, or medical benefits papers)
2. Proof of identity (i.e. driver's license or state issued ID card)
3. Proof of Hawaii address (i.e. driver's license, utility bill, rent receipt, etc.)
4. Your baby and/or children who need WIC
5. Your baby and/or child's shot record

[HAWAII COVERING KIDS](http://www.coveringkids.com/community/) (<http://www.coveringkids.com/community/>)

If you do not qualify for Quest this website contains links to alternative health coverage services for children whose parents meet the income guidelines. Their goal is to make sure all of Hawaii's children and youth have health insurance. This site provides you with the Children's Health Insurance Programs (CHIP), income guidelines, and telephone numbers: Med-Quest or health plan offices, common questions and answers, local resources, and nationwide information. Click here to access the [Website](http://www.coveringkids.com/community/). (<http://www.coveringkids.com/community/>)

[PARENT LINE](http://www.parentline.org) (<http://www.parentline.org>)

The Parent Line is a statewide confidential telephone line that offers support and information about parenting, ranging from child behavior and development to general support and community resources. To access, call:

- (808) 526-1222 (Oahu); or
- 1-800-816-1222 (Neighbor Islands)

They receive calls M-F from 8am-6pm and 9am-1pm on Saturday. The [Parent Line Website](http://www.parentline.org) (<http://www.parentline.org>) also provides a useful parenting and pregnancy [Resource Directory](http://www.theparentline.org/directory.htm). (<http://www.theparentline.org/directory.htm>)

MOTHERSCARE

MothersCare is a statewide program providing resource information to support women in taking care of themselves. They provide information on the following topics: prenatal care, pregnancy testing services, medical insurance, WIC, breastfeeding support services, alcohol and substance abuse, dental health, mental health care, and domestic violence.

To receive a **FREE pregnancy packet** and/or **pregnancy calendar** call 951-6660 (Oahu) or email info@hmhb-hawaii.org.

[HEALTHY MOTHERS HEALTHY BABIES COALITION OF HAWAII](http://www.hmhb-hawaii.org) (www.hmhb-hawaii.org)

Healthy Mothers Healthy Babies (HMHB) is an organization that promotes pregnancy wellness. Their website provides information on how to obtain pregnancy testing and counseling as well as how to get health insurance and medical care. It also lists information about where to find childbirth education classes

and guidance about pre- and post-natal care (information provided by the American Pregnancy Association).

Click on the link to visit the [Website: www.hmhb-hawaii.org](http://www.hmhb-hawaii.org)

PLANNED PARENTHOOD (www.plannedparenthood.org/hawaii/)

Planned Parenthood offers a range of affordable and confidential reproductive health care services. This includes pregnancy testing and counseling, birth control services, and reproductive health testing and treatment. Visit their website to find out more about the services they provide. They accept most insurance, however if you don't have insurance they provide services based on a sliding scale.

Planned Parenthood on Oahu is located at:

1350 South King Street, Suite 310

Honolulu, HI 96814

(808) 589-1149

Website: www.plannedparenthood.org/hawaii/

HEALTH CENTERS -LOW COST OR SLIDING SCALE

- ❑ Waikiki - 922-4787
- ❑ Kalihi-Palama - 848-1438
- ❑ Kokua Kalihi Valley Comprehensive Family Services - 848-0976
- ❑ Wai'anae Coast - 696-7081
- ❑ Waimanalo - 259-7948
- ❑ Ko'olauloa Community Health and Wellness (Kahuku)-293-9216

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ON-CAMPUS RESOURCES

UH MANOA WOMEN'S CENTER

The Women's Center provides personal and academic support for students. The Women's Center houses the **Bridge to Hope (BTH)** program, which specifically supports student parents on campus. For information about the services and resources available at the Women's Center, please call (808) 956-8059 or go to rm. 211 QLCSS. Check out the [Women's Center Homepage](http://www.hawaii.edu/womenscenter/). <http://www.hawaii.edu/womenscenter/>

BRIDGE TO HOPE (BTH) (<http://www.hawaii.edu/bridgetohope/index.htm>)

The Bridge to Hope program supports student parents and provides an education option for welfare (TANF) recipients and First-to-Work participants by assisting with on-campus student employment and other services to help student parents reach their educational goals. For support and assistance, you may contact the UH system-wide coordinator, Teresa Bill (956-8059). Check out the [BTH Website](http://www.hawaii.edu/bridgetohope/index.htm). (<http://www.hawaii.edu/bridgetohope/index.htm>)

UNIVERSITY HEALTH SERVICES (<http://www.hawaii.edu/shs/>)

The University Health Center offers services specifically for women through the Women's Health Clinic. (http://www.hawaii.edu/shs/ourservices_tab.htm) Services include emergency contraception, family planning, screening and treatment for sexually transmitted infections, pregnancy testing and counseling, routine examinations, and evaluation, counseling, and treatment for other women's health conditions. Nutritional counseling and HIV testing are also available. For more information contact:

University Health Services Manoa

1710 East West Road
Honolulu, HI 96822
Phone: (808) 956-8965

Email: UHSM@hawaii.edu; Website: <http://www.hawaii.edu/shs/Welcome.html>

[UHM STUDENT HEALTH INSURANCE](http://www.hmsa.com/portal/?gid=student) <http://www.hmsa.com/portal/?gid=student>
Visit this website for information about obtaining student health insurance.

IMPORTANT PHONE NUMBERS ON UH MANOA CAMPUS:

- ❑ Women's Center - 956-8059
- ❑ Counseling & Student Development Center - 956-8965
- ❑ University Health Services - 956-8665

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