

**PARENTING
RESOURCE
GUIDE for
UNC PARENTS and
PARENTS-TO-BE**

Last edited August 2010

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PURPOSE

The Purpose of this guide is to provide practical resources to UNC students who are parenting, pregnant, or planning a pregnancy. This is not an exhaustive list; however, the guide does bring together resources from the University and the local community that exist to support parents.

Groups that contributed to the guide's creation include the Carolina Women's Center, Campus Health and Wellness, the APPLES learning program, Graduate and Professional Student Association, UNC's Human Resource office of work/life balance



and the members of the UNC Support Group for Pregnant and Parenting Students. Members from each organization have contributed their experience and knowledge in an effort to make higher education more accessible for students engaged concurrently in parenting. Special thanks to Donna and Ashley at the Carolina Women's center, Aimee at UNC Human Resources, Sarah at Campus Health and Wellness, Ingrid and all the marvelous parents in the support group who have provided their ideas, time and encouragement.

Please email your feedback and suggestions for future editions of the guide.

Thanks!

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Child Care Resources

Child Care Services Association

Child Care Services Association administers the UNC Childcare Financial Assistance program (details in section 2) and provides referrals for local childcare. It is also involved in policy formation and support of local childcare workers. The web site provides information on evaluating care and an online request form for childcare referrals. Workshops are offered monthly at the UNC Women's Hospital to answer any questions about finding or funding childcare. Please call 403-6950 to verify times and locations before attending as these dates are current for the 2010-2011 academic year:
1st Tues., 6:30-7:30pm, 3rd Tues., 12:30-1:30pm

Additional information: <http://www.childcareservices.org>

University Child Care Center/ Summer Kids Camp

The University Child Care Center is located at the Friday Center and serves the children of students, faculty and staff of UNC-CH and UNC Health Care Systems. Maximum capacity is 120 children ranging in age from 0-5 with care available from 6:30am-6:00pm year-round. The center is operated by Victory Village, Inc., an independent, non-profit organization contracted by the University. Contact the center for information on fees and limited scholarship availability:

(919) 929-2662/403-6950 <http://victoryvillage.home.mindspring.com>

Carolina Kids Camp (summer only)

Carolina Kids Camp is a summer day camp on the UNC campus for children of UNC-CH employees and students. Children of ages 6-12 are welcome. Campers stay on campus and utilize University facilities. Care is available from 7:30am – 5:30pm for a total of 8 weeks. Registration begins early (~ February) and spaces fill up quickly, so periodically check the website for registration dates. There are a limited number of scholarships available through the Chancellor's Child Care Advisory Committee (due to budgetary restraints, no scholarships offered in 2010)

http://hr.unc.edu/benefits/work-life-and-wellness/child-care-programs/CCM1_018381

Other resources: www.camppage.com, www.campsearch.com, www.camps.com

Contact Aimee Krans (aimee_krans@unc.edu), the Work Life Manager at the Office of Human Resources for additional information on any of the above three programs or view the web site below.

<http://hr.unc.edu/benefits/work-life-and-wellness/child-care-programs>

Carolina Parent publication

The Carolina Parent is a Triangle-wide parenting publication that maintains online directories of preschool/childcare programs, K-12 education resources, summer camps and track-out programs. It publishes these directories and has an annual summer camp fair. See the web site for details or obtain a free copy at retail locations.

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

Additional resources on finding quality childcare

NC Division of Child Development: www.dhhs.state.nc.us/dcd

<http://ncchildcaresearch.dhhs.state.nc.us/>

Smart Start: www.ncsmartstart.org

Head Start: www.acf.hhs.gov/programs/ohs

National Network for Child Care: www.nncc.org

North Carolina Health Info: www.nchealthinfo.org/resources.cfm



Resources for Financial Assistance with Childcare

Child Care Financial Assistance Program

This program is funded by the Chancellor's Child Care Advisory Committee and administered by the Child Care Services Association. To be eligible, students must be enrolled full-time in a degree-seeking program and meet income requirements



(available online). The types of care covered under the program are full or part time care in a registered family day care or licensed center after school care, and/or summer care in a regulated program. Contact Child Care Services Association at 403-6950 or the Work/Family Manager at 962-6008. Applications available online – fax to (919) 404-6959 or deliver to Chapel Hill office. Funding is limited and there is a waiting list so apply as early as possible.

http://hr.unc.edu/benefits/work-life-and-wellness/child-care-programs/CCM1_018382

Department of Social Services Subsidy

The Child Care Subsidy Program is operated by the Orange County Department of Social Services in Hillsborough and provides a child day care voucher for each eligible child. The amount of the voucher is determined by the DSS. Priority is given to working parents; however, if funds are available, full-time undergraduate students are considered. Eligibility requirements include meeting income and work/school requirements. Dispersal of subsidies is based on eligibility, need for childcare and availability of funds. A waiting list is standard so apply as soon as you know you will need care. Call Orange County DSS at 968-2000 or 245-2800 for details.

http://www.co.orange.nc.us/socsvcs/child_care_subsidy.asp

Local Funding through Office of Scholarship and Student Aid

You may be eligible for additional loan funds to cover the cost of childcare. To qualify you must submit a receipt from your childcare provider indicating for whom the care is provided, the hours provided and the cost of care. The cost will be added dollar for dollar to your budget. If you are eligible for additional Stafford loans those will be awarded automatically. If you have utilized all of these funds you will be responsible for applying for a private loan. A private loan lender list is available in our office or online. Call 962-8396 from 9am-4pm, Mon-Fri or email aidinfo@unc.edu with any questions. Visit: <http://www.studentaid.unc.edu>

On-Campus Housing: Baity Hill Student Family Housing

Baity Hill Community is a complex of apartments dedicated to graduate students and student families. The community includes 1 and 2 bedroom apartments on the south side of UNC's campus. The rental fee covers all utilities, however an additional fee is charged for parking. Most units have full sized washer/dryer hook ups and community laundry facilities are available in each building. The community also has an enclosed playground, outdoor basketball courts and walking trails. Rates for the 2010-2011 academic year range from \$850 – 960/month. Applications are available online and a waiting list is not uncommon so apply as soon as possible. housing.unc.edu/baityhill/

Public School Information

Chapel Hill-Carrboro City Schools <http://www.chccs.k12.nc.us>

General Enrollment

Enrollment into the Chapel Hill-Carrboro City Schools begins early February before the specified school term, but can occur at any point during the year. The parent/legal guardian of the child must go to the Lincoln Center and turn in the three required registration forms along with additional information on the registration checklist (see website for latest version)*. District school assignment maps and websites for individual schools are also located on the website. Bus schedules are posted online in early August of each year and published in the local newspapers the week prior to school beginning —if your child does not have a convenient bus stop call the transportation office as they are often unaware of the need and can accommodate by adding an additional stop.

*note that a health assessment form is required for all Kindergartners. It does not need to be finished to ensure register but must be completed by a physician and given to the child's school by the first day of class.

Chapel Hill-Carrboro City Schools Admin. Offices

(919) 967-8211 x28268

750 S. Merritt Mill Road, Chapel Hill, N.C. 27516

Pre-K Enrollment

Pre-K enrollment is a separate procedure offered through Head Start, More at Four and Exceptional Education. Head Start programs operate from 7:30am- 5:30pm, while the other two only operate from 7:30 am - 2:30pm (standard elementary day) and charge an extra \$300 for extended care until 5:30pm. Tuition is \$925 a month. Tuition assistance is not funded through the program, but through Childcare Services Association (967-3272) or the Department of Social Services (968-2000) voucher programs. Further information about eligibility and enrollment procedures can be found at: <http://www2.chccs.k12.nc.us/education/components/scrapbook/default.php?sectionid=3245>

After School Care for Elementary Aged Children

After-school programs are offered at all elementary schools. Spaces in elementary after-school programs are offered in the order registration forms are received, with priority given to enrolled students and their siblings. Forms are sent home with all Pre-K - 4th grade students in the spring or can be obtained from the Afterschool Office in Lincoln Center. The programs operate from 2:30 - 6 pm Mon-Fri with additional camps during teacher workdays and spring break. Registration fee is \$40 with \$105 deposit. Monthly tuition is \$210 per child, but prices change yearly so call for the updated amount. Tuition assistance is available for undergraduate or working students through the Community Schools Program. Call for details: (919) 967-8211 ext.28280.
http://www2.chccs.k12.nc.us/education/dept/dept.php?sectiondetailid=41761&sc_id=1184612478

After School Care for Middle School Aged Children

CHCCS middle schools offer free after-school programs when funding is available. The program operates Monday-Thursday 3:10pm until 5:30pm. Bus transportation is available to all students enrolled. Enrollment forms can be obtained from the individual schools approximately two weeks after school begins in the fall. Contact the school directly for details on this program.

Other Local School Systems

Durham Public Schools <http://www.dpsnc.net>

Wake County Schools <http://www.wcpss.net>

Orange County Public Schools <http://www.orange.k12.nc.us/>

Private and Charter Schools

http://www.privateschoolreview.com/state_private_schools/stateid/NC

Local Family-Friendly Activities

Kids' Yoga

Triangle Yoga: <http://www.triangleyoga.com/CourseDesc.html#kidsyoga>

Carrboro Yoga Company: www.mycyco.com

Hiking and State Parks

Botanical Gardens: <http://www.ncbg.unc.edu/>

Duke Gardens <http://www.hr.duke.edu/dukegardens/>

Umstead State Park <http://www.ncparks.gov/Visit/parks/wium/main.php>

Eno River State Park <http://ncparks.gov/Visit/parks/enri/main.php>

Duke Forest <http://www.dukeforest.duke.edu/>

Both the Chapel Hill and Carrboro Parks and Recreation departments offer a variety of services for toddlers through high school including sport leagues, enrichment courses and swim lessons. Chapel Hill also maintains two public pools and a number of public gyms while Carrboro has a community Cybrary (community use computers). Sliding Scale fee payment is available for all programs. The website also maintains a list of parks and greenways:

http://townhall.townofchapelhill.org/parks_rec/

<http://www.ci.carrboro.nc.us/RP/default.htm>



UNC Recreation

The Spouses and children of full time students are eligible to use Campus Recreation facilities by purchasing a one card. Privileges are purchased by the semester and allow use of gyms, pools, etc. Separate pool only privileges can also be purchased. See these websites: <http://www.aquatics.unc.edu/>,

<http://www.campusrec.unc.edu/eligibility.html>

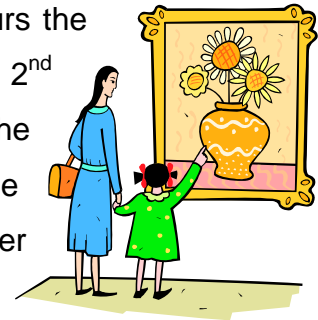
Chapel Hill Public Library

The library has a number of activities for children including toddler story times, a summer reading program, and teen events. They also maintain separate websites for children and teens with information tailored to the specific age group.

<http://chapelhillpubliclibrary.org/>

Ackland Art Museum

The Ackland is UNC's art museum. They host Family Fun Tours the 4th Sunday of each month at 1:15pm, and Drawing for Kids the 2nd Saturday of each month from 10:00am -12:00pm. During the academic year they hold Friday evening pajama story time sessions. They also participate in the Chapel Hill wide 'Art after Dark' on the first Friday of every month. www.ackland.org/



Basketball Museum

Essential education for future tar heels! tarheelblue.cstv.com/museum

Morehead Planetarium and Science Center

The Planetarium is located on the UNC Campus bordering Franklin Street and has daily planetarium shows in addition to story times, classes, clubs and summer camp programs.

www.moreheadplanetarium.org/index.cfm?fuseaction=page&filename=Now_showing.htm

www.moreheadplanetarium.org/index.cfm?fuseaction=page&filename=Youth_and_family.html

Kidzu Kids Museum

Kidzu is a hands on children's museum for ages 8 and under.

www.kidzuchildrensmuseum.org/

Museum of Life and Science

Located 20 minutes from Chapel Hill, this museum has a butterfly house, outdoor play area and train, as well as the traditional science museum. They also offer classes and summer camps (scholarships are available). www.ncmls.org/

North Carolina Museum of Natural Science

The state museum of natural sciences is located in downtown Raleigh and is FREE! Continuous exhibits include information on North Carolina habitats, native animals and bugs. There are also huge dinosaurs to view and outdoor areas for picnics. www.naturalsciences.org/

North Carolina Museum of History

The state history museum is located across the plaza from the natural history museum (although I have NEVER managed to see both in one day) and is also free! They also maintain a chapter of junior historians for children. See website for details. www.ncmuseumofhistory.org

Weaver Street Market

Weaver Street is a locally owned co-op in Carrboro. During the spring and summer months they sponsor outdoor music on the lawn. On Thursday evenings (5-7pm) a dinner with proceeds going to a local charitable organization is also served. Call for details and schedule: 919-929-0010 www.weaverstreetmarket.coop/

Durham Bulls Baseball

The Durham Bulls are Durham's baseball team with a stadium that borders the Durham Tobacco Campus, an area of restaurants with a river of water running through. Games are held from April-August, with many featuring fireworks. Tickets begin @ \$8 and lawn tickets are available. www.dbulls.com/index.html

UNC Sports

Students and their families can attend exhibition basketball games, baseball games, women's soccer, women's basketball and other non-ACC sporting events for free. tarheelblue.cstv.com/

General Financial Assistance

UNC Office of Scholarships and Student Aid

This office awards all undergraduate student financial aid (both need based and merit based) and loan funding to graduate and professional students. All other funding for graduate students comes through the students' individual departments. In addition to awarding funds, the OSSA also provides budget information about cost of attendance for all of UNC's programs. Financial Aid counselors are available year-round for walk-in appointments or can answer questions by phone or via email. Deadlines are very important when applying for aid. See website for current deadlines: studentaid.unc.edu/studentaid/ssa_calendar.html.

Failure to complete paperwork on time does not make you ineligible for assistance, but aid is awarded on a first-come basis and failing to complete paperwork by the deadline will affect the amount of aid received and time it takes to process your application (funds may not be available when the academic year begins). Awards are made for the upcoming academic year beginning in May and continuing throughout the academic year.

How to apply for aid as an undergraduate student

- ✓ Complete the FAFSA (Free Application for Federal Student Aid) online and submit to UNC by February 15th to ensure the application is processed/submitted to UNC by March 1st deadline. www.fafsa.ed.gov
- ✓ Complete the CSS/PROFILE online by March 15th. There is a charge to complete (currently approx \$20), but a limited number of fee waivers are available. Contact the OSSA for details. www.collegeboard.com
- ✓ All incoming freshman are considered for Merit aid through the University. Unfortunately transfer students are not eligible. For addition information on scholarships available not administered by UNC a Scholarship Resource Center staffed by graduate students is located in 117 Vance Hall and are open Mon-Fri from 9:00am-5:00pm.
studentaid.unc.edu/studentaid/outsidescholarships/ssa_resource_center.html

How to apply for aid as a graduate or professional student

- ✓ Complete the FAFSA (Free Application for Federal Student Aid) online and submit to UNC to be considered for federal loan funding. To ensure the application is processed and funds are available for the upcoming academic year submits the application online by the March 1st deadline. Late applications for graduate students do not affect the amount of funding, only the time it takes to process. www.fafsa.ed.gov
- ✓ Information on Grant funding can be obtained from the **UNC Grant Source Library** located at 307 Bynum Hall. Office hours are Monday through Friday, 8:00 a.m. to 5:00 p.m. Regular workshops on how to find funding are held throughout the academic year. Call or email for additional information: (919) 962-3463, gs@unc.edu; research.unc.edu/grantsource/

Summer financial aid for all students

Loan funding is available to students taking a minimum of 2 credit hours each summer session. Application forms are available online and in the office in late February/early March, and must be returned to OSSA by the April 1st deadline.

Financial aid for distance-learning and part-time students

Limited funding is available for part-time students. The application process is the same as outlined above. Note that distance courses with start and end dates that correspond to the UNC semester calendar are eligible for federal aid, but self-paced courses are not.

Emergency loans

The OSSA offers short-term, interest-free loans for all students, designed to meet unexpected short-term financial needs. Loans are up to \$500 for undergraduates and \$800 for graduates. Applications are available online or in the office. If completed by noon, the application will be processed and funds available within 3 business days. These funds cannot be used to pay tuition or charges due to the University and must be paid back in full by the end of the current term.

Graduate Student Opportunity Fund

The Graduate Student Opportunity Fund assists graduate students at Carolina with unusual and unexpected expenses for which no other funds are typically available. A private donor initiated this fund to help students from incurring large debt burdens during their graduate education.

Doctoral students and master's degree students enrolled in an UNC-Chapel Hill graduate program are eligible. Students who have received funding from the Graduate Student Opportunity Fund within the previous three years are not eligible. Address questions to Beverly Wyrick: bwyrick@email.unc.edu

Apply at: gradschool.unc.edu/funding/documents/opp_fund_app.pdf

Student Emergency Fund

The Student Emergency Fund administered through the Division of Student Affairs provides assistance to all Carolina students by providing immediate financial support when unexpected expenses arise due to situations such as accidents, illness, and death of a family member, fire damage or temporary housing. Applications must be submitted to the Office of the Dean of Students and will be reviewed by The Emergency Fund Committee. Funds are distributed within an average range of \$250 to \$500. The committee will review applications requesting in excess of \$500 for unique and unusual circumstances of emergency financial need. The number of students in need who can be served by the Student Emergency Fund is subject to the availability of funds. Contact the Dean of Students @ 919-966-4042 or dos@unc.edu for additional assistance.

<http://deanofstudents.unc.edu/index.php/emergency-fund-mainmenu-99.htm>

The Orange County Social Services Department

This office offers a number of assistance programs that students may be eligible for. Eligibility is based on income and requires an application through the Department of Social Services. Durham, Wake, Alamance and other counties bordering Chapel Hill have identical programs. Contact the county level DSS for details on applying.

Food stamps

Students who are the primary caretaker for a child under the age of 12 will have the work requirement waived. The Grants/scholarships received to pay for educational expenses are considered income. You must obtain a verification form from the DSS and have a financial aid counselor at UNC complete. Applications must be completed in person Monday-Friday 8:00am-5:00pm at the Hillsborough or Chapel Hill office. www.co.orange.nc.us/socsvcs/food_stamps.asp

WIC (Woman, Infant and Children) Nutrition Program

The WIC program provides basic food products for pregnant or nursing women and children up to the age of 5. Families with incomes at 185% or less of the federal poverty guidelines are eligible. Vouchers can be redeemed for milk, peanut butter etc. and can be used at the Farmer's Market to purchase fresh vegetables. Nursing mothers can also borrow breast pumps. Certification periods are unique and listed below:

- ✓ **Pregnant women** are certified for their pregnancy and up to 6 weeks postpartum. By 6 weeks postpartum they must be recertified as a postpartum or breast feeding woman.
- ✓ **Non-breast feeding postpartum women** are certified until 6 mos. postpartum.
- ✓ **Breast feeding postpartum women** are certified for 12 months postpartum.
- ✓ **Infants** are certified up to 1 year.
- ✓ **Children** are certified every 6 months until 5 years of age.

Applications are available at either office. Details can be obtained by calling (919) 707-5800 <http://www.nutritionnc.com/wic/index.htm>

Low Income Energy Assistance Program (LIEAP)

Individuals receiving food stamps are automatically eligible for this program. A 1-time cash assistance check is provided in the winter/spring of each year to assist with heating costs. The amount varies per year and notification is sent from the department before the check is mailed. Applications are taken for 2 weeks in Nov. Contact Orange Co. Department of Social Services for application dates. www.co.orange.nc.us/socsvcs/lieap.asp

General Health Care Resources

Health Insurance for Full-Time UNC Students

The University contracts with a private insurance company to provide a health insurance for students. This is the ONLY health insurance that Student Health will accept; otherwise you must pay fees upfront and submit your own reimbursement forms to your insurance company. Student Health is not currently an 'in network provider' for any local plans, so check with your insurance company for level of coverage. Plans are purchased in August and good for one full calendar year; Rates change yearly and are based on age. See the Hill Chesson & Woody website for details on specific plans. Graduate students who are funded through their department are often provided with health insurance coverage. Details on this plan are on the Hill Chesson & Woody website also. Spousal health insurance can also be purchased (however, spouses and families CANNOT utilize student health services).



campushealth.unc.edu/index.php?option=com_content&task=view&id=29&Itemid=5
www.hillchesson.com/plans.html

NC Health Choice Insurance for Children

The North Carolina state children's health insurance program is designed to provide comprehensive health care coverage to children from low income families (currently up to 200% of the federal poverty guidelines, but this is subject to change). The plan covers basic medical care, all preventative and well check-ups, emergency care, dental care and mental health care services. A yearly enrollment fee of \$50 per child, not to exceed \$100 per family is charged at the time enrollment begins. The program is administered through Blue Cross Blue Shield of North Carolina, but applications must be completed through the Orange County Department of Social Services, either in person or via the mail. Phone inquiries, call 1-800-662-7030.

Enrollment form and current eligibility information can be found at:

<http://www.dhhs.state.nc.us/dma/healthchoice/index.htm> and forms located at
<http://www.ncdhhs.gov/dma/medicaid/applications.htm>.

Medicaid for Low Income Families

North Carolina's Medicaid program provides health care for families with children who are uninsured and do not make enough to qualify for NC Health Choice. Medicaid coverage is available for pregnant women and children. Qualification guidelines vary by age, for children under the age of 1 the limit is 185% of the federal poverty guidelines, ages 1-5 the limit is 133% or less of the federal poverty guidelines and for those families with children aged 6-18 the family income cannot exceed 100% of federal poverty guidelines. Applications are completed in the same manner as with the NC Health Choice Program. There are no enrollment fees or co-pays with the Medicaid program. www.ncdhhs.gov/dma/medicaid/who.htm and www.co.orange.nc.us/socsvcs/family_and_children_medicaid.asp and forms located at <http://www.ncdhhs.gov/dma/medicaid/applications.htm> or call 919- 245-2800.

Private Insurance

The largest insurer in the area is Blue Cross Blue Shield of North Carolina. Their website provides a variety of information on purchasing private insurance. <http://www.bcbsnc.com/plans/individuals/>

Low-Cost Health Care

For full-time students only

Campus Health Services provide a comprehensive range of services including women's and men's health, mental health, allergy/asthma care, sports medicine, dermatology and pharmacy services. Basic services are offered for free to any student who pays the required Health Fee (i.e. all full time students). Specialty services are provided at additional charge. All fees must be paid at the time service is received (the only exception is Hill Chessen & Woody insurance, which is filed for students). Any unpaid fees at the end of each term will be transferred to the student's account and a block will be placed on registration until the fees are paid. Fee information and a list of services can be found online or by calling 966-2281: campushealth.unc.edu/index.php?option=com_content&task=blogcategory&id=37&Item_id=54 campushealth.unc.edu/index.php?option=com_content&task=blogcategory&id=0&Item_id=51

UNC Family Medicine

The department of Family Medicine at UNC offers care to adults and children at their location in Chapel Hill. Fees must be paid at time of service and Medicaid/NC Health Choice are accepted. Lactation consultation services and home visits within a 20-minute radius of the Center are offered for a fee, but there is no charge for lactation telephone consults. Contact Barbara Hotelling, RN/BSN/MSN (919) 966-2109 or email bhotelli@unch.unc.edu for information on lactation services. The clinic is on south campus, easily accessible from anywhere on campus or via bus line. www.med.unc.edu/fammed

Piedmont Health Services

PHS operates a large community health clinic in Carrboro and smaller clinics in and around the chapel hill area offering primary care, dental and administration of the WIC program. Fees are on a sliding scale. www.piedmonthealth.org/index.html



Student Health Action Coalition

SHAC is a student-run organization with the goal of providing free health services to local underserved individuals, and to give students studying the health sciences at UNC the opportunity to serve the community. SHAC provides a number of services including physicals, comprehensive women's health exams, vaccinations, lab services and acute care for minor medical issues. Special clinics held monthly (complete list of services on website, including free dental clinic). Clinics held Wed. night at Carrboro Community Health Clinic. 843-6841 www.med.unc.edu/shac/

Dental Clinics

The UNC Dental School offers clinics staffed by students and faculty for the Chapel Hill community. Spaces fill up quickly and admission is based on lottery for some of the most popular clinics. Verify admission process online each academic year. Fees are due at time of service and based on procedure performed- - a less expensive option than a private practice. <http://www.dent.unc.edu/patient/new.htm>
<http://www.dent.unc.edu/patient/clinics/student/payments/>

Pediatric Health Care

Chapel Hill Children's Clinic

The Clinic is located in Southern Village and accessible via the V and NS bus routes. Regular clinic hours in addition to after hours and weekend walk in sick clinics are available. A Spanish speaking interpreter is also available Monday-Fridays during regular clinic hours. www.chapelhillchildrensclinic.com/

Chapel Hill Pediatrics

The practice is located in Chapel Hill close to I-40 on Sage Road and accessible via the Chapel Hill Transit system. There is also an office in Durham. Urgent Care clinic is available after 5pm on weeknights and on the weekend. www.chapelhillpeds.com/

*These providers currently accept Medicaid and NC Health Choice. Verify coverage at time appointment is made.

Mental Health Resources

UNC Clinical Psychology Program

Services for children, couples and families are offered at two locations within Chapel Hill. Effective Spring of 2008 standard clinical charges was \$60 per visit, but a sliding scale fee based on income is available. Inquire via phone for details on the sliding scale fee application process. psychologyclinic.unc.edu/index.html

Campus Health and Wellness

Campus Health and Wellness offers individual, couples, and group therapy, urgent consultation and crisis intervention, and medication evaluation/management. Wellness services offered include nutritional counseling, alcohol and substance counseling, stress management, massage therapy and human sexuality services (including HIV testing). Students who pay the mandatory student health fee are eligible for all CHW services. Fees are due at time of service. Call 966-3658 to set up an appointment or obtain additional information.

campushealth.unc.edu/index.php?option=com_content&task=blogcategory&id=33&Itemid=56

Additional Health Resources

Clinical Services (Orange County Health Department)	(919) 968-2022 ext. 303
CARE-LINE	(800) 662-7030
Orange County Department of Social Services	(919) 245-2800
Planned Parenthood - Chapel Hill	(919) 942-7762
American Psychological Association	800-964-2000
North Carolina Psychological Association Psychologist Location Service	919-872-1005

Legal Resources

The Women's Center in Chapel Hill (not UNC-affiliated)

This center provides resources for women in the community including free legal workshops. Past topics have included divorce, custody and child support, and property division. The center also has a resource room with and community support groups. Contact the Legal Information Services at The Women's Center via phone at 919-968-4610 or online <http://www.womenspace.org/>

The Family Violence Prevention Center

This center provides assistance to women dealing with domestic violence by providing legal referrals, support and practical resources. Their support staff will walk you through the process of obtaining a restraining order, including assigning a support person in the courtroom and provide a referral to Legal Aid of North Carolina. <http://fvpcoc.org/>

Legal Aid of North Carolina

This is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. They provide legal advice and representation on a variety of issues including housing, family issues, social services (denials), child custody, and domestic violence. Call 866-219-5262 or <http://www.legalaidnc.org/>

Additional Legal Resources

Child Support Enforcement (Orange County DSS)	919-967-9251 ext. 2175
Lawyers Referral Service (NC Bar Association)	800-662-7407
Legal Information Services (The Women's Center)	919- 968-4610
Mediation Services (Dispute Settlement Center)	919- 929-8800 ext.13

Nursing & Lactation

Lactation Rooms on Campus (maps at www.maps.unc.edu)

Location	Contact	Information
Brooks Building, Room FB 137 Computer Science Dept	Brian White 962-1786 or Dorothy Turner 962-1922	Lockable room with comfortable chair, sink & small refrigerator.
Carolina Women's Center 215 W. Cameron Avenue Carriage House	962-8305	Hospital-grade breast pump available.
Center for Women's Health Research 104B Market St (Southern Village)	843-7720	No pump available.
School of Education – Peabody Hall, Room 212C		Room should be open. If room is locked, Business or Dean's Office will open the room.
Lineberger Comprehensive Cancer Center	Wendy Sarratt 966-8643 wendy_sarratt@unc.edu	No pump available. Curtained space in shower room, first floor restroom. Push door to open.
MacNider Hall, Room 310	966-1321	This room locks from inside. There is a door sign to indicate occupancy. Sink, no pump.
Murphy Hall, Room 004	962-7191	Key available in Rm 212 (must have UNC OneCard). No pump
North Carolina Botanical Garden 100 Old Mason Farm Road	962-0522	N/A
School of Public Health, 227A Rosenau Hall	Sue Cotcamp 966-5978	Two hospital-grade pumps
Frank Porter Graham Student Union, Room 3200	962-2286	Key available at Student Union Information Desk. No pump.
Wilson Hall, Room G-32	N/A	Code available from Jason in room B-31. No pump available.



Breast Pump Rental & Purchase

Nursing Mothers of Raleigh

This group maintains a comprehensive list of lactation support services, including pump rental/purchase and individual lactation consultants. They also rent Ameda hospital-grade pumps and sell a variety of other brands. Contact Kathryn @ 919-277-0648, Tara @ 919-217-4259, Mary @ 919-847-4903 or Elaina at 572-6674. www.nursingmothersofraleigh.org/

Women's Birth and Wellness Center

Rents and sells a variety of breast pumps. www.ncbirthcenter.com

Triangle Lactation Consultants

Rents and sells a variety of breast pumps to mothers in Raleigh and Chapel Hill. Also provides lactation consultant services. www.trianglelactation.com

Nursing Support Groups

La Leche League

This group holds monthly meetings throughout the triangle and offers ongoing phone support. Their website also contains educational information and resources. Triangle branch 919-755-6400 www.llli.org/

The Women's Hospital

Provides pre-natal classes on breastfeeding & outpatient consultations in their clinics and a phone support line. The support line is: 919-966-4148

Nursing Mothers of Raleigh

Community volunteer breastfeeding support group that offers monthly meetings for women and children in addition to couples meetings and phone/email support. www.nursingmothersofraleigh.org

WakeMed Mother's Milk Bank

Donated human milk provided by Rx. Donors/volunteers needed. 919-350-8599

Pregnancy-Related Resources

Childbirth Educators

Information provided by the Women's Birth & Wellness Center of Chapel Hill and classified by area. Call the center for the most updated list. This list is effective May 2008. www.ncbirthcenter.com/index.html

Carrboro/Chapel Hill

Svea Oster: Courses offered at the Women's Birth Center, MLK Blvd. in Chapel Hill
919-929-8282

Paula Huffman RN: offers both private and group classes. 919-942-6965
paula@hillsboroughyoga.com, www.mycyco.com/teachers.carrboro-teachers-paula-huffman

Preparing for the Stork (UNC Healthcare) 919-843-1759 www.nchealthywoman.org

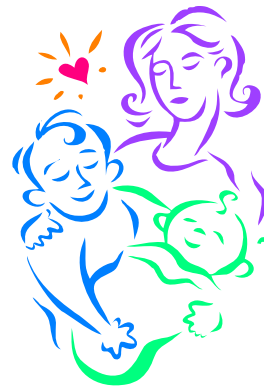
Durham

Better Birth Partners: private or group classes

Michelle McClafferty ICCE @ 919-233-4718

Sheryl Mika ICCE @ 919-618-9963

www.betterbirthpartners.com



Susan McCluthey HCHI : Hypnobabies 919-806-8560 www.tranquilbirthing.com

Tara Owens LCCE: Lamaze 919-684-2648 tara.owens@duke.edu

Raleigh/Cary

Betty Jo Arnold, ICCE: Private, Group and Refresher

Courses 919-552-3298 www.compchildbirthed.com

Lamaze of Cary 919-677-8585

Cherri White (Bradley Method): 919-559-2264

Ann Tumblin LCCE: Lamaze/Private & Wake Medical
Center classes 919-362-5517 www.ncdoula.com

Doulas

Triangle Mother care Postpartum Doula Services www.trianglemothercare.com/

Women's Birth & Wellness Center in Chapel Hill www.ncbirthcenter.com/

UNC Birth Partners

www.med.unc.edu/nursing/programs/women/doula/000_doula.index.html

Pregnancy Support Services

Pregnancy Support Services is a nonprofit organization that offers free resources to parents in the community including free maternity clothing, first trimester ultrasounds, baby clothing and layette items, and nursery items. Parenting classes include breastfeeding instruction, a baby basics class, and a first time mother class. They maintain a campus branch, Carolina Hope, in the UNC Student Union. Please note that this organization does have strong political views around the issue of abortion that some students will find objective, however, their other services are valuable and worth utilizing. CH: 919.942.7318 or Durham: 919.490.0203. Email at carolinahope@gmail.com. www.pregnancysupport.org

The Triangle Birth Network

A grassroots organization and referral service for expecting mothers in the triangle. Members include professionals trained in lactation counseling, childbirth education, labor support, massage therapy, mental-health counseling, pediatrics and more. The goal is to provide women with information on all options regarding childbirth. www.TriangleBirthNetwork.org

Support for Pregnant and Postpartum Women

A confidential peer support group conducted through the Perinatal Psychiatry Program at UNC is open to all women with depression during pregnancy and/or postpartum. Contact Christena Raines RN/MSN at Christina_Raines@med.unc.edu or 919-966-3115.

UNC Pregnant and Parenting Support Group

The UNC Pregnant and Parenting Support Group was founded in the fall of 2007 to provide support to pregnant and parenting UNC students. This includes, but is not limited to peer support, provision of information and resources, and educational opportunities relating to issues surrounding pregnancy and parenting. Meeting times and events are determined at the beginning of each term. Past events have included a homecoming weekend picnic, potluck dinner, morning coffee social and monthly meetings. The main mode of communication for the group is via email. A private listserv is maintained by the women's center and the current group facilitator. Please contact Ashley Fogle, Associate Director of the Women's Center (fogle@unc.edu) or Corrie Piontak, current group facilitator (Corrie_Piontak@unc.edu) for additional information.

UNC Women's Center

The Women's Center acts as a positive gather place and resource hub for women on campus. A lending library stocks a number of books on parenting issues. The center also sponsors a yearly 'parents day out' program for students on campus. www.womenscenter.unc.edu

Attachment Parenting International- Triangle Area Chapter

Provides educational, emotional and practical support to parents who practice attachment/continuum parenting. call Joanna and Mark Glass (919) 917-7021, joannaglass@gmail.com

Chapel Hill/Carrboro Mothers Club

Offers an informal group for area parents. www.chapelhillmothersclub.org.

Holistic Moms' Network

The network is a nonprofit support and discussion network for moms with an interest in natural/holistic and alternative health and parenting. Meetings and playgroups occur regularly.

www.holisticmoms.org, <http://home.homewebs.com/hmntrianglerc>

Online Resources

Mom 2 Mom Online Community and Blog <http://www.trianglemom2mom.com/>

Triangle Mommie's Online Community www.trianglemommies.com

Carolina Parents (local Parenting publication) <http://www.carolinaparent.com/>

Mothering Magazine: Magazine of Natural Family Living

www.mothering.com/

Mamaphonic (geared towards parents in the arts) www.mamaphonic.com

Girl-Mom (geared toward younger parents) www.girlmom.com

Hip Mama (the parenting zine) www.hipmama.com

Mama Source (online mom network) <http://www.mamasource.presskit247.com/>

Brain, Child: The Magazine for Thinking Mothers www.brainchildmag.com

The Alpha Mummy Blog on London Times website

timesonline.typepad.com/alphamummy/

Ariel Gore (author and founder of Hip Mama, below) www.arielgore.com

Resources for Families of Children with Special Needs

North Carolina Division of Child Development provides information about resources for children with special needs.

ncchildcare.dhhs.state.nc.us/parents/pr_sn2_snr.asp

FPG Child Development Institute has resources and an inclusive child care program for children with disabilities and those with typical development. There is a waiting list, so contact the Center as soon as you know you are interested.

www.fpg.unc.edu/

Family Support Network of North Carolina is a state-wide program that can help to put you in touch with parents in similar situations, provide a 'listening ear, and provide free information about resources in your community. All services are confidential.



fsnc.med.unc.edu/

Mom2Mom List of Resources

www.trianglemom2mom.com/special-needs-support

TEACCH Autism Program of UNC provides evidence-based diagnostic and treatment services, training, counseling, support groups, and research to support individuals with autism and their families. www.teacch.com

Autism Society of North Carolina provides support and opportunities to individuals with autism and their families through recreational opportunities, educational resources, training, and advocacy.



www.autismsociety-nc.org/

Transportation

Chapel Hill Transit Bus System

The Chapel Hill department of transportation offers free bus service for all residents. A schedule is available online or from any bus driver.

www.townofchapelhill.org/index.aspx?page=1175



Zip Car

The Zip Car program allows students to rent cars on an hourly or daily basis. After paying a registration fee of \$35 the 2010-2011 rates are as follows: \$7 per hour and \$60 per day, plus 30¢ per mile after 180 free miles.

www.zipcar.com/index

On Campus Parking Permits

On campus parking permits are given out via a lottery. Registration for the lottery is in late spring of each year. Permits are good for one year and designate a specific lot that a student must park in. If a student is not awarded a permit, but feels that their situation makes one essential a hardship parking application can be completed and submitted to campus police for review (applications online: www.dps.unc.edu/Parking/student/parkingoncampus/hardship.pdf).

Only students living further than 2 miles from campus are eligible for permits.

www.dps.unc.edu/Parking/student/student.cfm

Commuter Alternative Program

The CAP program allows students to use the cities park and ride lots. Buses run from these lots during peak hours without stopping at all stops. CAP holders are also provided with two free vouchers for on campus parking per academic year. The program is free, but requires yearly registration.

<http://www.dps.unc.edu/Transit/gettingtowork/CAP/studentcap.cfm>