PARENTING RESOURCE GUIDE FOR UNC PARENTS AND PARENTS TO BE

[MAY 2008 EDITION]
PURPOSE:
The Purpose of this guide is to provide practical resources for 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. The information presented in this guide does not reflect an endorsement of these services, and specifics should be verified by the reader. This guide materialized from the vision and efforts of two graduate students, Ingrid Fricks and Corrie Piontak, with much support due to various campus-affiliated programs. Groups that contributed to the guide’s creation include the Carolina Women’s Center (Donna and Ashley), Campus Health and Wellness (Sarah), the APPLES learning program, Graduate and Professional Student Federation, UNC Human Resources office of work/life balance (Aimee) 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.

This guide is wholly maintained by students. Please email your feedback and suggestions for future editions of the guide. Thanks!

Corrie Piontak
(Corrie_Piontak@unc.edu)
TABLE OF CONTENTS

Childcare
Finding Quality Childcare in the Chapel Hill Area page 5
Finding Financial Assistance to Pay for Childcare page 7
Local Public School Systems page 8
Schools Located Outside of Chapel Hill & Private Schools page 10

Family Friendly Activities
Physical Activities page 10
Museums and Academics page 11
Other Random Ideas page 13

Financial Aid and Community Assistance
Financial Aid through UNC page 14
Emergency Assistance through UNC page 16
Financial Assistance from Community Organizations page 17

Healthcare
Health Insurance page 18
Low Cost Health Care Providers page 19
Pediatric Providers page 21
Mental Health Resources and Providers page 21
Additional Health Care Providers page 22

Legal Resources page 22
**Nursing/Lactation Support**

- Lactation Rooms on Campus and Map page 23
- Breast Pump Rentals and/or Purchase page 25
- Nursing Support Groups page 25
- Other Breastfeeding Resources page 26

**On-Campus Housing**

- Baity Hill Community page 26

**Pregnancy**

- Childbirth Educators page 26
- Doulas page 27
- Non-Profits that Support Pregnant Women page 28

**Social Support**

- Campus Based Support Groups page 29
- Community Based Support Groups page 29
- Web Based Communities and Blogs on Parenting page 30

**Transportation** page 30
CHILD CARE RESOURCES FOR UNC STUDENTS

Resources for Finding Quality Childcare in the Chapel Hill Area

- **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 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 2007-2008 academic year.
  2nd and 4th Tuesdays, 1:30-2:30pm, Administrative Office Building, Suite 1500
  1st Tuesday, 6:30-7:30pm, UNC Women’s Hospital
  3rd Tuesday, 12:30-1:30pm, UNC Women’s Hospital
  Additional information: [http://www.childcareservices.org](http://www.childcareservices.org)

- **University Child Care Center**
  The University Child Care Center is located at the Friday Center and serves the children of students, faculty and staff of UNC-Chapel Hill and UNC Health Care Systems. Maximum capacity is 120 children ranging in age from infant to age five 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 current fees and scholarship availability (limited number available): 929-2662 or 403-6950
  ([http://hr.unc.edu/Data/benefits/workfamily/childcare/?folderView=collapsed](http://hr.unc.edu/Data/benefits/workfamily/childcare/?folderView=collapsed))

- **Carolina Kids Camp** (summer only)
  Carolina Kids Camp is a summer day camp on the UNC campus for children of UNC-Chapel Hill employees* and students ages six through twelve. Campers stay on campus and utilize university facilities. Care is available from 8:00-5:45pm for a total of nine weeks. Registration begins early (generally February)—and spaces fill up quickly so periodically check the web site for registration dates. There are a limited number of scholarships available through the Chancellor’s Child Care
Advisory Committee and applications are posted on the web site with registration information.

*Note that this does not include UNC Healthcare employees

http://hr.unc.edu/employees/spa-employees/workfamily/childcare/kidcamp

- **Helping Heels Child/Elder Care Provider List**
  The Helping Heels Child/Elder Care Provider list is a list of UNC-Chapel Hill affiliated individuals who are interested in providing part time and temporary care. The list is compiled each semester by the Employee Services Department and available online at the link below. The list includes contact information of interested individuals, their experience, access and availability of transportation and special skills. UNC has not screened these individuals and encourages parents to interview individuals before hiring them. A good interview includes the following components: name, contact information, discussion of experience, anticipated pay rate, and references. (http://hr.unc.edu/employees/spa-employees/workfamily/childcare/providerlist)

Contact Aimee Krans, 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.

aimee_krans@unc.edu

http://hr.unc.edu/employees/spa-employees/workfamily/childcare

- **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 also 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:**

  **National Network for Child Care**  www.nncc.org
  
  **NC Division of Child Development**
  www.dhhs.state.nc.us/dcd
  http://ncchildcaresearch.dhhs.state.nc.us/search.asp
  
  **Smart Start**
  www.smartstart-nc.org
Head Start
http://www.headstartinfo.org/

North Carolina Health Info
http://www.nchealthinfo.org/resources.cfm?info=9,0,68,0,0

Summer Camp and Child Care Search Engines
http://www.campsearch.com/index.jsp
http://www.camps.com/
http://www.camppage.com/
http://www.camppage.com/
http://ncchildcaresearch.dhhs.state.nc.us/search.asp
www.campkanata.com

Resources to Assist with Paying For Childcare

• Child Care Financial Assistance Program for UNC students
The Child Care Financial Assistance Program is funded by student fees and scholarships from the Chancellor's Childcare Advisory Committee and it is administered by the Child Care Services Association. To be eligible, students must be enrolled full time in a degree seeking program (undergrad or graduate) and meet income requirements. Current income requirements are available online. The following types of care are covered under the program: full or part time care in a registered family day care home or licensed center, after school and/or summer care in a regulated program.

Additional information can be obtained online or by contacting Child Care Services Association at (919) 403-6950 or the UNC Work/Family Manager at (919) 962-6008. Applications are available online and must be faxed to Child Care Services Association at (919) 404-6959 or delivered to their office in Chapel Hill. Funding is limited and there is a waiting list so apply as early as possible.
http://hr.unc.edu/employees/spa-employees/workfamily/childcare/subsidy

• 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 DSS. Priority is given to working parents, however if funds are available, full time undergraduate students are considered for funding. Eligibility requirements include meeting income and work/school requirements, and the dispersal of subsidies is based on eligibility, the 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 (919) 967-9251 or 732-8181 for details on applying. http://www.co.orange.nc.us/socsvcs/child_care_subsidy.asp

- Loan funding through the Office of Scholarships 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. Contact the office @ 962-8396 during the hours of 9am-4pm, Mon-Fri or email aidinfo@unc.edu with any questions. (http://www.studentaid.unc.edu)

Resources for Local Public School Systems

- 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 registration 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 Administrative Offices are located at:
Lincoln Center
750 S. Merritt Mill Road, Chapel Hill, N.C. 27516
Hours of operation: 8 a.m. - 12 Noon and 1 - 4:30 p.m. Monday – Friday
Phone Number: (919) 967-8211 ext. 268
http://www2.chccs.k12.nc.us/education/dept/dept.php?sectionid=4390

Pre-K Enrollment
Pre-K enrollment is a separate procedure. It is offered through Head Start, More at Four and Exceptional Education. Head Start programs operate from 7:30am- 5:30pm, while the other two programs operate from 7:30 am - 2:30pm (standard elementary day) and charge an additional $300 for extended care until 5:30pm.
Tuition is $900 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 online.
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 9 elementary schools. Spaces in elementary after-school programs are offered in the order the registration forms are received, with priority given to currently enrolled students and their siblings. Forms are sent home with all Pre-K through 4th grade students in the spring of each year or can be obtained from the Afterschool Office in Lincoln Center. The programs operate from 2:30 pm - 6 pm Monday-Friday with additional camps during teacher workdays and spring break. The registration fee is $35 and a $95 deposit is required at the beginning of the school year. Monthly tuition is currently $190 per child, but prices change yearly so call for the most updated information. Tuition assistance is available for undergraduate or working students through the Community Schools Program directly. Call for additional details: (919) 967-8211 ext.280.
http://www2.chccs.k12.nc.us/education/dept/dept.php?sectiondetailid=41761&sc_id=1184612478
After School Care for Middle School Aged Children

Chapel Hill Carrboro middle schools offer after-school programs when funding is available. The program operates Monday-Thursday from 3:10pm until 5:30pm. Bus transportation is available to all students enrolled in the program. There is no charge for this program. 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.

Information on Schools Located Outside of Chapel Hill & Private Schools

- **Durham Public Schools** (919) 560-2000 ([http://www.dpsnc.net](http://www.dpsnc.net))
- **Chatham Public Schools** (919) 542-3626
- **Wake County Schools** ([http://www.wcpss.net](http://www.wcpss.net))
- **Orange County Public Schools** (919) 732-8126 ([http://www.orange.k12.nc.us/](http://www.orange.k12.nc.us/))
- **Private and Charter Schools** ([http://www.unc.edu/depts/cmse/schools.html](http://www.unc.edu/depts/cmse/schools.html))

**FAMILY ACTIVITIES**

**Physical Activities**

- **Kids Yoga:**
  - [http://www.mycyco.com/workshops/youthyogaKidsYoga.htm](http://www.mycyco.com/workshops/youthyogaKidsYoga.htm)
  - [http://www.triangleyoga.com/CourseDesc.html#kidsyoga](http://www.triangleyoga.com/CourseDesc.html#kidsyoga)

- **Local Hiking and State Parks:**
  - NC Botanical Gardens: [http://www.ncbg.unc.edu/](http://www.ncbg.unc.edu/)
  - Duke Gardens [http://www.hr.duke.edu/dukegardens/](http://www.hr.duke.edu/dukegardens/)
• **Parks and Recreation Departments**
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 the website for additional details.
http://www.aquatics.unc.edu/
http://www.campusrec.unc.edu/fees.html

**Museums and Academics**

• **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/
http://chapelhillpubliclibrary.org/txp/?s=Children&id=98&pageClass=programs
http://chapelhillpubliclibrary.org/txp/?id=66

• **Ackland Art Museum**
The Ackland is UNC’s art museum. 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. http://www.ackland.org/index.php
• Chapel Hill Museum
The museum has an ongoing ‘history of the Chapel Hill fire department exhibit.  
http://www.chapelhillmuseum.org/

• Basketball Museum
Essential education for future tar heels!  
http://www.carolinabasketballmuseum.com/

• 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.  
http://www.moreheadplanetarium.org/index.cfm?fuseaction=page&filename=Now_showing.html  
http://www.moreheadplanetarium.org/index.cfm?fuseaction=page&filename=Youth_and_family.html

• Kidzu Kids Museum
Kidzu is a hand on children’s museum for ages 8 and under.  http://www.kidzuchildrensmuseum.org/

• Museum of Life and Science
The museum is located about 20 minutes away from Chapel Hill. It features a butterfly house, outdoor play area, and outdoor train in addition to the traditional science museum. They also offer classes and summer camps (scholarships are available). Admission to the museum ranges from $7.85-10.85 depending on age, but under 3 is free.  http://www.ncmls.org/

• North Carolina Museum of Natural Sciences
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.  http://www.naturalsciences.org/
• **North Carolina Museum of History**

The state history museum is located across the plaza from the natural science museum and is also free! They also maintain a chapter of junior historians for children. See website for details.  
http://nchistory.dcr.state.nc.us/index.html

**Other Random ideas:**

• **Weaver Street Market Sunday Morning Jazz Brunches and Thursdays on the Lawn**

Weaver Street Market is a locally owned grocery 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. There are also Weaver Street Markets in Hillsborough and Southern Village. Call for details and schedule: 919-929-0010  
http://www.weaverstreetmarket.coop/

• **Durham Bulls Baseball**

The Durham Bulls are Durham’s baseball team with a stadium that borders the Durham Tobacco Campus, an historic area featuring a variety of restaurants. Games are held from April-August, and some have fireworks exhibits. Tickets begin @ $8 and lawn tickets are available.  
http://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. Men’s basketball tickets have historically been free to students based on a lottery system. Check with the Athletic Department for the latest policies regarding student tickets and how to purchase tickets for immediate family members.  
http://tarheelblue.cstv.com/
FINANCIAL AID AND COMMUNITY FINANCIAL ASSISTANCE

Resources for Financial Aid through UNC

UNC Office of Scholarships and Student Aid
The University Office of Scholarships and Student Aid 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 student’s individual department. In addition to awarding funds the OSSA also provides budget information about cost of attendance for all of UNC’s programs (full-time, part-time, undergraduate, graduate/professional). Financial Aid counselors are available year round for walk in appointments or can answer any questions over the phone or via email.

Deadlines are very important when applying for aid. See http://studentaid.unc.edu/studentaid/ssa_calendar.html for the current academic year deadlines. Failure to complete paperwork on time does not make you ineligible for assistance, however, aid is awarded on a first come basic and failing to complete paperwork by the deadline will affect both the amount of aid received and the 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: (check website for most updated information)

- Complete the FAFSA (Free Application for Federal Student Aid) online and submit to UNC by February 15th to ensure the application is processed and submitted to UNC by the March 1st deadline. There is no charge for completing the FAFSA. 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 Monday-Friday from 9:00am-5:00pm. http://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](http://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 or [gs@unc.edu](mailto:gs@unc.edu) [http://research.unc.edu/grantsource/](http://research.unc.edu/grantsource/)

**Summer financial aid for all students:**

Loan funding is available to all 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 the OSSA by the April 1st deadline.

**Financial Aid for Distance learning and part time students:**

The majority of UNC need based aid is reserved for full time students; however, limited funding is available for part time. The application process is the same as outlined above for full time students. Note that distance courses that have a start and end date that corresponds 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 university students. These loans are designed to meet unexpected short term financial needs. Loans are offered 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 three 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.
Emergency Assistance Offered Through the University

- 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.

Apply by completing the application form:

Address any questions to Beverly Wyrick  bwyrick@email.unc.edu

- 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 up 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.
Financial Assistance Offered Outside the University

The Orange County Social Services Department 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, Chatham, 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 DSS and have it signed by a financial aid counselor at UNC. Applications must be completed in person Monday-Friday 8:00am-5:00pm at the Hillsborough or Chapel Hill office.
  
  [http://www.co.orange.nc.us/socsvcs/food_stamps.asp](http://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 six 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 six months postpartum.

  ✓ **Breast feeding postpartum women** are certified for 12 months postpartum.

  ✓ **Infants** are certified up to one year.

  ✓ **Children** are certified every six months until five years of age.

Applications are available at either office. Details can be obtained by calling (919) 707-5800


- **Low Income Energy Assistance Program (LIEAP):**
  Individuals receiving food stamps will automatically be eligible for this program. A one 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 before the check is mailed. Applications for LIEAP are usually taken for two weeks in November of each year. Contact the Orange County Department of Social Services for the application dates and for additional information on LIEAP.

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

HEALTHCARE RESOURCES

Health Insurance

- **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 Chessen & Woody website for details on specific plans. Spouse and dependent health insurance can also be purchased.

  http://campushealth.unc.edu/index.php?option=com_content&task=view&id=29&Itemid=54
  http://www.hillchesson.com/Site/University%20Plans.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. Enrollment form and current eligibility information can be found at:

  http://www.dhhs.state.nc.us/DMA/cpcont.htm and forms located at
• **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.

Additional details on eligibility are available on the website:

http://www.ncdhhs.gov/dma/covgroups.htm and
http://www.co.orange.nc.us/sosvcsvs/family_and_children_medicaid.asp

and forms located at http://www.ncdhhs.gov/dma/formsmedapp.html. Phone inquiries: Medicaid office @ Orange County Department of Social Services @ 919-245-2885

• **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 Providers**

• **For Full Time Students ONLY:**

The Campus Health Services provides a comprehensive range of services including women and men’s health, mental health services, allergy and 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 an 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 remained at the end of each term will be transferred to the students account at the cashiers office and a block will be placed on the student’s registration until the fees are paid. Fee information and a list of services can be found online or by calling the clinic at 919-966-2281:

http://campushealth.unc.edu/index.php?option=com_content&task=blogcategory&id=37&Item...
• **Piedmont Health Services**
Piedmont health services 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. [http://www.piedmonthealth.org/index.html](http://www.piedmonthealth.org/index.html)

• **UNC Family Medicine**
The department of Family Medicine at UNC offers care to adults and children at their clinic location in Chapel Hill. Fees must be paid at the 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 Ellen Chetwynd, RN IBCLC (919) 966-2109 or email chetwynd@med.unc.edu for information on lactation services. The clinic is located on south campus and easily accessible from anywhere on campus or via bus line. [http://fammed.unc.edu/fpc/index.html](http://fammed.unc.edu/fpc/index.html)

• **Student Health Action Coalition (SHAC)**
SHAC is a student run organization with the goal of providing free health services to local underserved individuals and communities and to give students studying the health sciences at UNC the opportunity to serve the community. SHAC provides a number of services including physicals (for work or children’s camp), comprehensive women’s health exams, vaccinations, lab services and acute care for minor medical issues. Special clinics are held on a monthly basis. A complete list of services provided is on their website. Clinics are held each Wednesday night at the Carrboro Community Health Clinic. SHAC also partners with Orange County Department of Social Services to offer a free dental clinic. To contact by phone: 942-8741
[http://www.med.unc.edu/shac/page1.html](http://www.med.unc.edu/shac/page1.html)

• **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.med.unc.edu/medicine/generalm/schedules/dentalinfo.pdf
http://www.dent.unc.edu/patient/new.htm
http://www.dent.unc.edu/patient/clinics/student/payments/

**Pediatric Practices**

- **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.
  http://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.
  http://www.chapelhillpeds.com/

*Note that all of these providers currently accept Medicaid and NC Health Choice, however,
verify coverage at time appointment is made.

**Mental Health Resources and Providers**

- **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.
  http://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.


**Additional Health Care Resources**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Services (Orange County Health Department)</td>
<td>(919) 968-2022 ext. 303</td>
</tr>
<tr>
<td>Durham Health Department</td>
<td>(919) 560-7600</td>
</tr>
<tr>
<td>NC Family Health Resource Line</td>
<td>(800) 367-2229</td>
</tr>
<tr>
<td>Orange County Department of Social Services</td>
<td>(919) 245-2800</td>
</tr>
<tr>
<td>Chatham County Department of Social Services</td>
<td>(919) 542-2759</td>
</tr>
<tr>
<td>Durham County Department of Social Services</td>
<td>(919) 560-8000</td>
</tr>
<tr>
<td>Planned Parenthood - Chapel Hill</td>
<td>(919) 942-7762</td>
</tr>
<tr>
<td>American Psychological Association</td>
<td>800-964-2000</td>
</tr>
<tr>
<td>North Carolina Psychological Association Psychologist Location Service</td>
<td>919-872-1005</td>
</tr>
</tbody>
</table>

**LEGAL RESOURCES**

• **Women’s Center in Chapel Hill [not affiliated with UNC]**

The Women’s Center in Chapel Hill provides a number of 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 housing notebook and list of community resources 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/](http://www.womenspace.org/)
• **Family Violence Prevention Center of Orange County**

The Family Violence Prevention 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/](http://fvpcoc.org/)

• **Legal Aid of North Carolina**

Legal Aid of North Carolina 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/](http://www.legalaidnc.org/)

• **Additional Legal Resources**

  - Child Support Enforcement (Orange County DSS) 919-942-7813
  - 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 RESOURCES**

**Lactation Rooms on Campus***

• **Carolina Women’s Center**

The lactation room at the Women’s Center has a hospital-grade breast pump available for use. The Center is located at 134 E. Franklin Street, Suite 215, right next to the Carolina Coffee House and is open Monday-Friday from 8am-5pm. No reservations are required. Call 962-8305 with any questions. Please note: The Carolina Women’s Center is anticipating relocation sometime during 2008-09 to 215 W. Cameron Ave.
• **Murphey Hall**
An office space in Murphey Hall has been reserved for use as a lactation room. To use the space visit room 212 and exchange your one card or drivers license in exchange for the key. The office is open most days during the week from 7:30am-5pm. No reservations are needed, but it is recommended that you call 962-7191 to confirm staff is available before arriving. You will also need to provide your own pump. Questions can be directed to Cinnamon Weaver at 962-7660.

• **Carolina Union**
The Union lactation room is located in room 3200 and is available on a first-come, first serve basis. Keys can be checked out at the main information desk in the Union. The room offers comfortable seating, a rocking chair, changing table and power outlets. You will need to bring your own pump. Call 919.962.2286 or email carolinaunion@unc.edu for additional information.

• **School of Public Health**
Due to the renovation of Rosenau Hall, the SPH Mother's Room has been temporarily relocated to room 0013 of the Michael Hooker Research Center (the adjacent building). Currently, nursing mothers interested in learning more about the SPH Mother's Room should contact Sue Cotcamp, Lisa Perry or Rebecca Lloyd at 966-5978 for information and orientation. Upon completion of the renovation, the lactation room will once again return to Rosenau, to a new and specially designed space on the 2nd floor of the building.

• **Hospital Lactation Room**
There are two lactation rooms in the UNC Hospitals complex. One is in the Women’s Hospital, 4th floor, and the other is located in NC Memorial Hospital, between 4 West and 4 Bed Tower. Contact Mary Rose Tully for more information (919) 966-3428.

*See map insert showing locations for each Lactation Room.*
Home Away From Home
Carolina Women's Center
(919) 962-8305

Current location: 134 E. Franklin Street, Suite 215

Future location: 215 W. Cameron Avenue

Lactation Room
Carolina Union, Room 3200
Keys available at main information desk (919) 962-2286

Lactation Room
Murphy Hall, Room 004
Keys available in Room 212 (must have UNC OneCard)

Proposed Future Lactation Room
Department of Biology
Coker Hall
Mothers' Room
School of Public Health
2 hospital-grade breast pumps available
Contact Sue Cotcamp, 966-5978

Hospital Lactation Room
NC Women's Hospital, 4th floor
NC Memorial, between 4 West and 4 Bed Tower
Contact Mary Rose Tully, 966-3428
Breast Pump Rentals and/or Purchase

- **Nursing Mothers of Raleigh**
  The Nursing Mothers of Raleigh maintains a comprehensive list of lactation support services, including pump rental and purchase and individual lactation consultants. They also rent Ameda hospital grade breast pumps and sell a variety of other brands. See below for additional information on the group. [http://www.nursingmothersofraleigh.org/breastfeed_resources.htm](http://www.nursingmothersofraleigh.org/breastfeed_resources.htm)

- **Women’s Birth & Wellness Center boutique**
  Rents and sells a variety of breast pumps. [www.ncbirthcenter.com](http://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.trianglelactationconsultants.com](http://www.trianglelactationconsultants.com)

Nursing Support Groups

- **La Leche League**
  La Leche League holds monthly meetings throughout the triangle and offers ongoing phone support. Their website also contains educational information and resources. Triangle branch 919-755-6400 [http://www.llli.org//](http://www.llli.org//)

- **NC Women’s Hospital, UNC Healthcare**
  The Women’s Hospital provides pre-natal classes on breastfeeding in addition, out patient consultations in their clinics and a phone support line. The support line is: 919-966-4148

- **Nursing Moms of Raleigh**
  The Nursing Moms of Raleigh is a community volunteer breastfeeding support group that offers monthly meetings for women and children in addition to couples meetings and phone/email support. They also rent Ameda hospital grade breast pumps and sell a variety of other brands.
Contact Kathryn @ 919-277-0648, Kelly @ 919-266-3416, Robyn @ 919-380-1580, Tara @ 919-217-4259, Mary @ 919-847-4903 or Elaina at 572-6674 or online [www.nursingmothersofraleigh.org](http://www.nursingmothersofraleigh.org)

**Other Breastfeeding Related Resources**

- **Wake Med Mother’s Milk Bank**
  One of only a few milk banks in the country, WakeMed provides this community resource for babies with special needs. Donor human milk is provided by prescription. Donors and volunteers needed. Call 919-350-8599 for details.

**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 2008-2009 academic year range from $794-894. Applications are available online and a waiting list is common so apply as soon as possible. [http://housing.unc.edu/baityhill](http://housing.unc.edu/baityhill)

**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.


**Carrboro/Chapel Hill**

- **Svea Oster:** Courses offered at the Women’s Birth Center, MLK Blvd. in Chapel Hill
  929-8282
• Paula Huffman RN: offers both private and group classes
  919-942-6965 or 919-933-292
  essentialh@earthlink.net or www.mycyco.com

• 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 McClutcheay HCHI: Hypnobabies
  919-806-8560  www.tranquilbirthing.com

• Tara Owens LCCE: Lamaze
  919-957-7979

Raleigh/Cary
• Betty Jo Arnold, ICCE: Private, Group and Refresher Courses
  919-552-3298  www.compchildbirthed.com

• Lamaze of Cary
  919-677-8585  www.lamazeofcary.com

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

• Cherri White AAHCC: Bradley Method
  919-846-7937  www.yourbestbirths.com

Doulas

• Triangle Mother care Postpartum Doula Services
  http://www.trianglemothercare.com/index.html

• Women’s Birth & Wellness Center in Chapel Hill
  http://www.ncbirthcenter.com/index.html
• **UNC Birth Partners**  
[http://www.med.unc.edu/nursing/programs/women/doula/000_doula.index.html](http://www.med.unc.edu/nursing/programs/women/doula/000_doula.index.html)

**Non-Profits that Support Pregnant Women**

• **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 objectionable, however, their other services are valuable and worth utilizing. Contact Information: Chapel Hill office, 919.942.7318 or Durham office, 919.490.0203. On campus Carolina HOPE: email at carolinahope@gmail.com.

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

• **Triangle Birth Network**

The Triangle Birth Network is a grassroots organization and referral service for expecting mothers in the triangle area. 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.


• **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 Christina Raines RN, MSN at Christina_Raines@med.unc.edu or 919-966-3115.
SOCIAL SUPPORT

UNC Campus Based Support Groups

• 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. The group also maintains an online forum: Tar Heel Parents (our own website!) http://tarheelparents.freeforums.org/

• 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.unc.edu.womenscenter

Community Based Support Groups

• Attachment Parenting International-Orange Alamance Chapter
  Provides educational, emotional and practical support to parents who practice attachment/continuum parenting. call Janet, 624-3500; Diana, 942-8683 or Visit www.chapel-hill.nc.us/apioa/index.html

• Chapel Hill/Carrboro Mothers Club
  Offers an informal group for area parents. Call Lia, 932-7352 or 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
Web Based Communities and Blogs on Parenting

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


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

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

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

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

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


- Carolina Parents (local Triangle Parenting publication) http://www.carolinaparent.com/

- Triangle Mommie’s Online Community www.trianglemommies.com

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

TRANSPORTATION

- Chapel Hill Transit Bus System
The Chapel Hill department of transportation offers free bus service. A schedule is available online or from any bus driver. http://www.townofchapelhill.org/index.asp?NID=397

- TTA (Triangle Transit Authority) is the bus line for commuters from Raleigh or Durham to Chapel Hill. There is a fee to ride this bus however discount passes are available through the UNC CAPS program (see below). http://www.ridetta.org/Home/index.html
• **Emergency Ride Home** is sponsored by the TTA and can be used for picking up a sick child from daycare and other unanticipated emergencies. Individuals must register in advance. [http://www.gotriangle.org/ERH/index.html](http://www.gotriangle.org/ERH/index.html)

• **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 2007-2008 rates are as follows: $5 per hour and $55 per day, plus 30¢ per mile after 180 free miles. [http://www.zipcar.com/index](http://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: [http://www.dps.unc.edu/Parking/student/parkingoncampus/hardshipparking.cfm](http://www.dps.unc.edu/Parking/student/parkingoncampus/hardshipparking.cfm)). Only students living farther than 2 miles from campus are eligible for permits. [http://www.dps.unc.edu/Parking/student/student.cfm](http://www.dps.unc.edu/Parking/student/student.cfm)

• **Commuter Alternative Program (CAP)**
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/cap.cfm](http://www.dps.unc.edu/transit/gettingtowork/CAP/cap.cfm)