

A Guide to Pregnancy Resources

The Catholic University of America



“Nothing will ever separate you from my love.”
Romans 8:38 — 39

Pregnant? Confused? Overwhelmed?
Find out what you can do
and who you can talk to.

Are you faced with an unplanned pregnancy?

Your family, friends and others in your community may be pressuring you to make decisions that you are not comfortable with.

Being pregnant or being part of a pregnancy can be overwhelming. We know that there are no easy answers. During this time of uncertainty it is important to know where to go for help and who to talk to.

The first step is always the hardest. Please contact the professional staff in the Office of Campus Ministry for resources and to speak confidentially about your concerns and fears regarding this pregnancy. Call anytime to make an appointment with a staff member at **202-319-5575** or email us directly. The Campus Ministry Office is located on the ground floor of Caldwell Hall. Please know that you are in our prayers.

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Table of Contents

Pregnancy Centers.....	4
Pregnancy Tests & STD Testing	5
Prenatal Care	5
Counseling and Resource Hotlines	6
Post-Abortion Support, Adoption, & Legal Services.....	7
Financial Aid, CUA Policies, Academics & Housing.....	8
Housing	9
Child Care & Resources for Men.....	10

Pregnancy Centers

Capitol Hill Pregnancy Center

713 Maryland, Ave., NE
Washington, D.C. 20002
(202) 546-1019

<http://www.capitolhillpregnancycenter.org/basic.htm>

SERVICES PROVIDED AT NO COST TO CLIENTS.

Program Director: Janet Durig

Hours: Monday-Friday 10:00am-4:00pm and counseling by appointment.

Services Provided: Free pregnancy tests, confidential counseling, and community referrals for prenatal care and housing. Parenting classes for women and men, child-birth classes and post-abortion counseling are also available.

Material Resources Include: Maternity clothes, baby clothes, diapers, formula, baby furniture and equipment, depending on stock/donations.

Directions: Take the Metro to Union Station (red line); turn left onto Massachusetts Ave. and walk 2 blocks; turn left on D St. and walk 5 blocks; turn left onto Maryland Ave. and walk 2 more blocks until you reach the red brick building on the right hand side at the corner of Maryland and 8th St.

Northwest Pregnancy Center

2702 Ontario Rd., NW
Washington, D.C. 20009
(202) 483-7008

<http://www.northwestcenter.net/>

SERVICES PROVIDED AT NO COST TO CLIENTS.

Program Director: Cynthia Gilday

Hours: Monday, Thursday, Friday 9:00am – 4:00pm, Tuesday 9:00am-8:00pm by appointment only, closed Wednesday

Services provided: Free pregnancy tests, confidential short and long term counseling, and community referrals for prenatal and medical care and housing. Post-abortion counseling is also available.

Material resources include: Maternity clothes, baby clothes,

diapers, formula, baby furniture and equipment, depending on stock/donations.

Directions: Metro to Woodley Park/Adams Morgan (red line). Turn right onto Connecticut Ave. out of the station. At the light, make a left onto Calvert St. and cross the bridge. Make your first left onto Columbia Rd. and walk past Safeway. Turn left onto Ontario Rd.; the Center is the first brick townhouse on the left; the entrance is downstairs. Or take the 42 bus to Columbia and Ontario, or the 96 bus to 18th and Columbia.

Pregnancy Tests & STD Testing

CUA Student Health Services

(202) 319-5744

<http://health.cua.edu>

Hours: Monday-Friday 9:00am—5:00pm

- ◆ Free and confidential pregnancy tests and all types of STD testing are available.
- ◆ No charge is made to a student's account or sent to parents.
- ◆ Health services staff are available for further information about insurance and pregnancy-related health concerns.
- ◆ Pregnancy tests are also provided by **Capital Hill Pregnancy Center, Northwest Pregnancy Center and Birthing Care Center Program** confidentially and *free of charge*.

Prenatal Care

Tepeyac Family Center

11135 Lee Hwy

Fairfax, VA 22030

(703) 273-9440

www.tepeyacfamlycenter.com

SERVICES PROVIDED FOR MINIMAL COST

Hours: Monday through Thursday from 8:00 a.m. - 4:30 p.m and Friday from 8:00 a.m. - 4:00 p.m.

Services provided: The Tepeyac Family Center is a non-profit obstetrics and gynecological medical practice that provides state-of-the-art medical care to women with or without medical insurance. The team of six physicians and one nurse practitioner along with a staff of twenty-two stand ready to assist you.

Counseling

CUA Campus Ministry

Ground Floor, Caldwell Hall

(202) 319-5575

Ministry.cua.edu

Hours: Monday-Thursday 9:00am-10:00pm, Friday 9:00am-5:00pm

Professional staff members are available by appointment anytime. Simply contact the Campus Ministry Office and ask to speak to any of the following staff members: Fr. Jude Deangelo, Fr. Andrew Santamauro, Jamila Evans, Jeff Ossinger, Emmjolee Mendoza, or David Pennington. If you would prefer speaking with a fellow student, you may consider approaching your Student Minister also.

CUA Counseling Center

127 O'Boyle Hall

(202) 319-5765

counseling.cua.edu

Hours: Inquiries Monday-Thursday 9:00am –7:00pm, Fridays 9am–5pm; Appointments Monday-Thursday 9:00am–7:00pm, Fridays 9:00am-5:00pm

Eligibility: Counseling is available for any currently enrolled full-time students. Three full semesters of once per week individual counseling sessions are confidential and provided free of charge.

Resource Hotlines

The Nurturing Network

1-800-TNN-4MOM

www.nurturingnetwork.org

Nation-wide network of volunteer medical, legal, housing, work, education, etc. help for pregnant women grappling with school, work, and the demands of pregnancy. Usually callers leave a message with a request for the staff to research; solutions include local resources and personal support. Website offers information about support and resources offered through this network.

CareNet

1-800-395-HELP

www.care-net.org

This hotline offers a connection to local pregnancy centers across the nation 24 hours a day, 7 days a week. Spanish-speaking consultants are available.

Post-Abortion Support

Project Rachel, Archdiocesan Pastoral Center

5001 Eastern Ave.
Hyattsville, MD 20782
(301) 835-4565

www.hopeafterabortion.com

E-mail: projectrachel@adw.org

Program Director: Julia Shelava

Services provided include:

- ◆ A post-abortion referral ministry that reaches out to women and men hurting after abortion.
- ◆ Trained staff, counselors and priests help participants regain a sense of peace in their lives.
- ◆ Services are confidential and most are free.

Adoption

In many situations, adoption serves as a loving response to a difficult pregnancy. For more information on whether this option is right for you, please speak with counselors at Capitol Hill Crisis Pregnancy Center, Northwest Pregnancy Center, or Missionaries of Charity for more information on this option.

Legal Services

CUA Columbus School of Law

(202) 319-6788

<http://www.law.edu/>

Contact: Catherine Klein

Community Legal Services offers a free law clinic to DC residents in financial need. Call for case specific information.

Financial Aid

CUA Financial Aid

(202) 319-5307

<http://financialaid.cua.edu/>

Federal financial aid packages and most scholarships require that a student maintain full-time status, though it is usually possible to take a one semester leave of absence.

CUA Policies

CUA Student Handbook

“...consistent with its pro-life stance and its non-discrimination policies, the University encourages students who do become pregnant to continue their studies and retain their on-campus housing. Referrals for pre-natal health care and other supportive services will be made available through appropriate University offices as necessary and requested. ‘A caring outreach toward the prospective parent [or parents], on the part of all [residents and staff], is expected as an expression of a truly Christian and human spirit.” ~ Excerpted from policies.cua.edu/studentlife/

Academics

CUA students who become pregnant are asked to contact their advisors or the Dean of Students in order to ensure proper communication occurs regarding requirements and possible accommodations.

Housing

CUA On-Campus Housing

(202) 319-5615

Housing.cua.edu

As noted in the University’s *Pregnancy Policy*, students who do become pregnant are encouraged to retain their campus housing. Students may meet with their area coordinator to discuss

alternative housing arrangements (i.e. room and hall changes) to allow for the health and comfort of the expectant mother.

Crossways Community

(301) 929-2505

<http://www.crossway-community.org/>

Thirty-unit low-rent apartments with private kitchen and bathroom. The community offers a two-year program requiring attendance at Life Skills classes twice a week on topics such as planning and budgeting. Beginning around 3 months of age, children may be cared for at an on-site Montessori School. This community is accessible directly to CUA by a nearby bus route. There is also a required orientation. Please contact the director for more information.

St. Ann's Faith House

(301) 559-5500 x154

<http://www.stanns.org/faith.jsp>

Available for up to 8 women ages 18-25. Residents are expected to work part-time if in school (full-time if not) and contribute regularly for expenses. Please contact Faith House for more details and information.

Turning Point Center

(202) 250-7720 ext. 121

http://www.salvationarmyusa.org/usn/www_usn_2.nsf

Please contact the center for information on housing pregnant women.

Missionaries of Charity

(202) 562-6890

http://www.cmswr.org/member_communities/MC.htm

Offers a home for pregnant women based on availability. Women are welcomed into the community and live according to the community guidelines. This includes joining the sisters for dinner nightly, as well as observing the house curfew. The sisters are also able to provide resources for adoption if desired.

Child Care

CUA Students

Although the University does not officially provide childcare, Students for Life maintains a list of students who have expressed interest in providing independent childcare for student parents. Email cua-sfl@cua.edu for more information and a list of names.

For Men

Having a child brings a significant shift in responsibility and identity. The following are avenues of support for student fathers and those anticipating fatherhood.

Counseling

*See the CUA Counseling Center, Capital Hill Pregnancy Center, Northwest Pregnancy Center and the Nurturing Network for information on confidential counseling specifically for Men.

Spiritual & Personal Guidance

Priests and staff in the Office of Campus Ministry are available for individual appointments; please call 202-319-5575 for more information.

Student Life at CUA

Members of CUA administration and staff who are also fathers are available to speak of their experience and offer support for the more difficult aspects of this time in your life. For more information, email sawyerj@cua.edu or contact Dean Sawyer in the Office of the Dean of Students.

Post-Abortion Support:

Grief after abortion affects men too. The website below can be a starting point for information and offer confidential counseling referrals for men seeking answers.

www.rachelsvineyard.org/men

Compiled by the CUA Office of Campus Ministry
and student volunteers.

Please contact **202-319-5575** with questions
or revisions.

This booklet is also available online: