Young Parent Resource List

Parenting and Prenatal classes

- Collaborative Solutions for Communities (CSC): weekly workshops spanning a range of topics
  - Safe Sleep (english and Spanish)
  - Parent Cafes (english and Spanish)
  - Effective Black Parenting

  Contact Amanda Holliday FMI
  aholliday@wearecsc.org or 202-779-2248

- La Clinica: Prenatal workshops (Spanish)
  Schedule varies
  Contact Leslie Rivera FMI
  lrivera@lcdp.org 202.462.4788 (ext.251)

- DC Breastfeeding Center has several categories of classes:
  - Birth classes
  - Baby prep classes
  - Early weeks classes
  - Baby and toddler classes
  - Support groups (families of color group, prenatal stress support group) -- these ones are always free of cost!
    https://www.breastfeedingcenter.org/classes

Case Management/Comprehensive Programs

- The Northwest Center: Pregnancy Center -- Step Up program
  https://northwestcenter.org/pregnancy-center/
  - meet monthly with a staff member to assess needs and goals -- provides connection to community resources (e.g. prenatal care, childcare, job help)
  - Material resources: provide diapers, formula
  - Assessment for domestic violence & substance abuse, education on fetal alcohol syndrome & SIDS

- DC’s Teen Parents Assessment Program (TPAP):
  - Support with school enrollment and/or maintaining school attendance
  - Obtaining a daycare voucher and locating childcare
  - Applying for TANF, WIC benefits, Health Insurance, and vital documents
  - Referral to behavioral and physical health services for teen and child
Diapers - DC Diaper Bank Diaper Needs Hubs
- While LAYC’s building is closed to the public, we are not able to distribute diapers on a drop-in basis as we have been able to in the past. However, our amazing partner the DC Diaper Bank has set up several distribution sites around the city to meet this need in the community during covid. Some sites are also distributing food.
  https://greaterdcdiaperbank.org/our-programs/diaperhubs/#:~:text=We've%20created%20Diaper%20Need,others%20as%20the%20situation%20evolves.

Food - DC Food Project
- https://dcfoodproject.org/emergency-food-access
- This is a really long, comprehensive list of places in DC that are assisting with food during covid. Be sure to read the descriptions because there are some that are specifically for youth 18 and under, but there are lots of sites that are open to everyone! Explore the list and see what’s near you.

Scholarships/Education
- Generation Hope Scholarship:
  http://supportgenerationhope.org/generation-hope-19
  - Provides tuition benefits for young parents interested in 2 or 4 year programs (up to $1200/yr for two year, $2400/year for 4 year) PLUS access to an emergency fund up to $1000/year
  - Assigned case manager, mental health care, if wanted
  - Monthly diapers
  - Mentor who you meet with each month
  - Career counseling and opportunity for paid internships
  - Opt-in to Next Generation Academy (home visiting for kids under kindergarten age, $200/month to cover costs of parenting, monthly parenting group if you’d like to participate. 30% of moms in scholarship do.
- Briya CDA and MA program: https://www.briya.org/workforce-development/
- Mary’s Center MA program https://maryscenter.org/education/job-training/medical-assistant/
- CentroNia CDA program https://www.centronia.org/child-development-associate-cda-application/
- UDC MA and CDA programs (paused during covid) https://www.udc.edu/cc/workforce-development/
- LAYC DPP GED program
  Darlyn at darlyn@layc-dc.org | 202-630-3831
  - Certifications in (CompTIA IT Fundamentals, CompTIA A+, CompTIA Network+, CompTIA Security, Microsoft)
  - GED Preparation Classes
  - Career Job Readiness & Life Skills
  - Training
  - One-on-One tutoring
  - Monthly $50 SmartTrip
  - Career Academy MA, CDA, and GED programs

Medical Services
- Teen Alliance for Prepared Parenting:
  https://www.medstarwashington.org/our-services/womens-health/treatments/maternity-services/teen-alliance-for-prepared-planning/
  - Obstetric and gynecologic services
  - Prenatal education
  - Parenting education individual and workshops
  - Family planning and contraceptive services
  - Individual and group supportive counseling
  - Workshops in communication, conflict resolution and other life-management skills
  - Support to ensure the continuation and completion of education
  - CenteringPregnancy® group prenatal care

- Healthy Generations Program:
  - Care for Infants and Children
  - Care during Illnesses
  - Developmental assessments
  - Immunizations
  - Well-child physicals
  - Care for Teen Parents
  - Family planning services/birth control
- Gynecologic care
- Parenting education
- Physicals
- Psychosocial and nutritional services

- Unity Cardozo: [https://www.unityhealthcare.org/services/teen-services](https://www.unityhealthcare.org/services/teen-services)
- LAYC Sexual Health program: [https://www.layc-dc.org/what-we-do/health-wellness/sexual-health/](https://www.layc-dc.org/what-we-do/health-wellness/sexual-health/)
  - HIV, STI, pregnancy, and UTI testing
  - Birth control consultations and for some methods, can get them at LAYC (pill and depo shot)
  - Contact: 202-319-2252
  - Instagram: @layc_healthprograms

**Childcare & Early Childhood Education**

- DC Childcare Connections & Voucher Process
  - This is a DC program where you can get help to pay for childcare! If you want to read more about the program and how it works, you can [click this link](https://childcareconnections.osse.dc.gov/MyChildCare/HelpfulResources/2605/0).
  - When you apply for the voucher, you'll need to be able to tell them which childcare center you'll be going to, so you need to reserve a spot at one first. The office has a really helpful childcare search tool, where you can put in the address that you want the childcare center to be close to (maybe work, maybe home) and it will show you the childcare centers near it. It will show you if they accept vouchers, what their hours are, etc. The one thing it does not show on that page is whether they have availability, but it gives the phone numbers so you can call and ask yourself if they have spots for your child.
  - When you're ready, you can call this number and they'll help you to apply for the vouchers! They'll talk you through the different documents you'll need to apply. **202-727-0284**.
- List of extra resources in childcare and childhood education, provided by DC Childcare Connections [https://childcareconnections.osse.dc.gov/MyChildCare/HelpfulResources/2605/0](https://childcareconnections.osse.dc.gov/MyChildCare/HelpfulResources/2605/0)
- Mary’s Center Home Visiting Program [https://maryscenter.org/social-services/family-support-programs/home-visiting/](https://maryscenter.org/social-services/family-support-programs/home-visiting/)

**Breastfeeding Resources**

- Breast pumps (many Medicaid plans offer free breast pumps through insurance!)
○ Amerihealth and Amerihealth Caritas: https://www.breastpumps.com/insurance-provided-pumps/
○ Amerigroup (DC and MD), Trusted: https://www.breastpumps.lenoxmedicalsupply.com/
● PACIFY (online breastfeeding support through WIC): If you have WIC, the Pacify app allows you to video-call with a doctor or nurse to ask questions about breastfeeding, infant feeding, and other infant or child health concerns. Video calls are free and can be done in English or Spanish. https://www.pacify.com/dc-wic/
● DC Health Breastfeeding Support: https://dchealth.dc.gov/service/breastfeeding-information-and-support-0
● DC Breastfeeding Center: https://www.breastfeedingcenter.org/
  ○ Work with a lactation consultant!

Public Benefits:
● Food stamps (SNAP): https://dhs.dc.gov/service/apply-benefits
  ○ TO APPLY: normally you'd have to go into a DHS office to apply, but because of Corona, they've moved the process online to this website. https://dcbenefits.dhs.dc.gov/
● WIC:
  ○ Mary’s Center: https://maryscenter.org/social-services/wic/
    To apply, call this number and they will help you set up an appointment virtually.
● TANF: https://dhs.dc.gov/node/117422
● Medicaid: https://dchealthlink.com/individuals/medicaid
  ○ TO APPLY: this is new--normally you'd have to go into a DHS office to apply, but because of Corona, they've moved the process online to this website. You'll want to choose "Individual and Family" and follow the prompts from there.
  ○ https://www.dchealthlink.com/

Housing
● List compiled by LAYC Young Parents Program: https://docs.google.com/spreadsheets/d/1D_w-ZR1z2CQoPlFAqHbFGCLeLxdK458Om0fX8do6dF8/edit#gid=0
● Virginia Williams Family Resource Center: https://dhs.dc.gov/sites/default/files/dc/sites/dhs/page_content/attachments/VWF
● Inclusionary Zoning (IZ), essentially DC's version of affordable housing, and it's a lottery system.
  ○ You can learn more info on this website: https://dhcd.dc.gov/service/inclusionary-zoning-iz-affordable-housing-program
  ○ The two things you have to do are first take an IZ orientation class, which is now being offered virtually (https://dhcd.dc.gov/publication/inclusionary-zoning-orientation-classes)
  ○ After you take the virtual orientation class, you'll get a certificate which will allow you to register for the program here: https://www.surveygizmo.com/s3/5493787/Register-to-receive-Inclusionary-Zoning-RENTAL-emails

● LAYC Drop-In Center
  ○ For young parents, they cannot provide case management. But they can still use the day center (laundry, shower, nap) and can get assistance with DC ID or benefits applications (like for TANF and medicaid) (202) 319-2225

● Everyone Home DC: https://everyonehomedc.org/get-help/

● Catholic Charities Teen Parent Program https://www.catholiccharitiesdc.org/teenparent/
  ○ Goal of the program is to help each youth and his or her child transition out of the foster care system with stable housing
  ○ Provide support in locating a home and paying rent each month, and case management is a benefit as well

Mental Health Services


● LAYC Social Services Mental Health, Substance Use, and Behavioral Health Services for Homeless Youth (BHHY) (BHHY is more intensive, short-term case management, about 6 months long)
  ○ Referral form: https://docs.google.com/forms/d/e/1FAIpQLScTwLn4Mu9dDq-vKGAuDV91nIVZhdFbvZb0a5Fs--eXlwR2ew/viewform
• (recommendation from Chrissy for black woman provider) Shivonne Odum, who takes Amerihealth and BCBS  
  https://www.akomacounselingconcepts.com/meet-the-therapist

• (recommendation from Nic’s network for black woman provider) Di Jackson (Black woman provider), Siyanda Therapeutic Partnerships, LLC -- based in Baltimore, but things are remote/virtual right now.  
  https://square.site/book/E6QA02ES53AKP/siyanda-therapeutic-partnerships-llc-baltimore-md?fbclid=IwAR1IMMUM6mkWxHof7Zn9j70cKbLsiNZVdpdUwlZy-3-BXao3RugUzyTBK0

• Marialuz Castro: marialuzcastro14@gmail.com. A doula for over 15 years and am in the process of obtaining my licensure. Please see more here:  
  https://www.linkedin.com/in/marialuz-castro-5207b914a/?fbclid=IwAR0kPG8XvxlTTEEi6s99XWPkWc5_Pp2NedVEhpkwCoPvHcA48be9gyrf5tc