



# Pregnancy and Early Childhood

Resource List

# Are you pregnant or do you have a new baby?

#### **Women's Care Center**

South Bend Address: 360 N. Notre Dame Ave. Mishawaka Address: 607 Lincolnway West

Phone: (574) 234-0363

Website: www.womenscarecenter.com Free pregnancy testing, ultrasounds, prenatal

programs, parenting classes

#### **Christ Child Society\***

Address: 308 S. Scott St., South Bend

Phone: (574) 288-6028

Website: www.christchildsb.org/

\*Be sure to ask for a layette with clothing and supplies before you leave the hospital with your new baby \*Call for a list of referral sources to be eligible for

toddlers' and children's clothing

#### Women, Infants, and Children (WIC)\*

South Bend Address: 325 N. Lafayette Blvd.

Phone: (574) 647-2100

Mishawaka Address: 201 Lincolnway West

Phone: (574) 647-2175

Information: https://secure.in.gov/isdh/19691.htm \*Nutrition education and supplemental healthy food for pregnant women and women with young babies, and for

babies and children to age 5

#### La Leche League

Phone: (574) 334-7624

Website: lllofsouthbend.blogspot.com/ Mothers helping mothers on topics

relating to breastfeeding

#### Hannah's House

Address: 518 W. Fourth St., Mishawaka

Phone: (574) 254-5309

Website: maternityhomewithaheart.org/ Home and support for single pregnant women

#### **Healthy Families of St. Joseph County\***

Address: 315 W. Jefferson Blvd., South Bend

Phone: (574) 287-0541

Website: fccin.org/healthyfamilies.aspx

\*Home visiting program that provides education and support to expectant parents and those with children through age 3—

sign up before your baby turns 3 months

#### **Youth Service Bureau:**

#### **Young Moms' Self-Sufficiency Program**

Address: 2222 Linconway West, South Bend

Phone: (574) 235-9231 Website: www.ysbsjc.org

Mentoring, support and case management for pregnant and parenting moms ages 16-24.

Programs for young dads and families also available.

#### Beds and Britches, Etc. (B.A.B.E) Store

South Bend Address: 325 N. Lafayette Blvd.

Phone: (574) 647-2201

Mishawaka Address: 201 Lincoln Way West

Phone: (574) 647-2175

Website: qualityoflife.org/che/babe/

\*Call for a list of ways to get coupons for clothing, diapers, baby furniture and other necessities

#### **Memorial Hospital**

Address: 615 N. Michigan St., South Bend

Phone: (574) 647-7454

Website: qualityoflife.org/childbirth/

Breastfeeding: qualityoflife.org/childbirth/breastfeedingsupport/

#### Saint Joseph Mishawaka Medical Center

Address: 5215 Holy Cross Parkway, Mishawaka

Phone: (574) 335-4230

Website: www.sjmed.com/mishawaka-campus-family-birthplace

Breastfeeding: (574) 335-4127

Note: \* means income restrictions apply

## **Women's Support Organizations**

#### St. Margaret's House

Address: 117 N. Lafayette Blvd., South Bend

Phone: (574) 234-7795

Website: www.stmargaretshouse.org/

Day center for women and children, offering hospitality, lunch, showers, computer access, parenting classes, empowerment

programs and more

#### YWCA North Central Indiana

Address: 1102 S. Fellows St., South Bend

Phone: (574) 233-9491 Website:www.ywcancin.org

Helping women with domestic violence, substance use,

economic empowerment, sexual assault,

protective orders and housing

## Do you have a child age 0 - 5?

## Parenting (Other Caregivers Welcome)

#### **Talk With Your Baby**

Address: Robinson Community Learning Center

921 N. Eddy St., South Bend

Phone: (574) 631-6916

Website: www.talkwithyourbaby.org

Free fun sessions on the "whys" and "hows" of child's development, ages o-3yrs old with books to take home,

coupons, and more

## Childcare/Early Childhood Education

#### **Early Childhood Alliance**

Phone: (800) 423-1498 Website: www.ecalliance.org/ Help finding high quality childcare

#### **Brightpoint\***

Address: 919 E. Jefferson Blvd., Suite 107, South Bend

Phone: (800) 589-2264

Brochure: mybrightpoint.org/wp-content/uploads/2015/09/

BP37-General-Brochure-3.o\_web.pdf \*Help signing up for childcare vouchers

#### **Head Start\***

Address: 245 N. Lombardy Dr., Suite A, South Bend

Phone: (574) 283-8127

Website: www.headstartesj.com/

\*Federally funded half-day preschool, birth to age 5

## Children with Special Needs

#### **First Steps**

Phone: (574) 293-2813

Website: www.indianafirststeps.org/

#### **LOGAN Center**

Address: 2505 E. Jefferson Blvd., South Bend

Phone: (574) 289-4831

Website: www.logancenter.org/

# **South Bend Community School Corporation: SNAP Program**

Phone: (574) 283-7600

Website: sped.sbcsc.k12.in.us/snap.html

#### School City of Mishawaka: Growing Together Preschool

Address: 1600 E. Third St., Mishawaka

Phone: (574) 254-4500

Website: scm.mishawaka.k12.in.us/adctr/preschool/

## Free Things To Do

#### **Read Baby Read Weekly Story Time**

Address: Notre Dame Center for Arts and Culture 1045 W. Washington St., South Bend

Phone: (574) 631-3249

Free story times with books to take home

#### **Brain Train**

Address: O.C. Carmichael Jr. Youth Center 300 W. Jefferson, South Bend

Phone: (574) 287-2671

Website: www.fccin.org/braintrain.aspx

A family-friendly, supportive play environment to promote healthy brain development in children up to age five

#### St. Joseph County Public Library

Address: 304 S. Main St., South Bend (and other branches)

Phone: (574) 282-4646

Website: www.libraryforlife.org/

Free story times: www.libraryforlife.org/storytimes
Free museum passes, http://sjcpl.lib.in.us/services

#### Mishawaka Public Library

Address: 209 Lincolnway East, Mishawaka (and branches)

Phone: (574) 259-5277 Website: www.mphpl.org/

Free story times

## Healthworks Kids' Museum:

#### **Little Noggins' Nook**

Address: 111 W. Jefferson Blvd, Suite 200, South Bend

Phone: (574) 647-5437

Website: www.healthworkskids.org

Free passes at Main Library in South Bend, see above

# Kidsfirst Children's Museum at the History Museum

Address: 808 W. Washington St., South Bend

Phone: (574) 235-9664

Website: historymuseumsb.org/see-do/kidsfirst-childrens-museum/

Free passes at Main Library in South Bend, see above

#### **Information on South Bend Parks**

Phone: (574) 299-4765 Website: sbpark.org/

#### **Information on Mishawaka Parks**

Website: mishawaka.in.gov/parksandrecreation

#### First Fridays in Downtown South Bend

Website:

downtownsouthbend.com/downtown-south-bend-first-fridays

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