

Pregnant?

WE'RE HERE FOR YOU.

PREGNANCY
RESOURCE GUIDE



THE CATHOLIC
UNIVERSITY
OF AMERICA



STATEMENT FROM PRESIDENT KILPATRICK



Dear Cardinals,

A community is defined by how it supports its members, particularly in moments of great challenges. Here at Catholic University, we take our commitment to community very seriously. This means that if you are facing the challenge of an unanticipated pregnancy, Catholic University will be with you every step of the way.

We have a number of resources to offer, and a number of ways to help you find the support you need. If you would like to remain in your on-campus housing during your pregnancy, we will help you do so. We will assist you in continuing to progress towards finishing your degree. The Catholic University community will help you to meet all of your material, spiritual, and emotional needs.

You are a valued member of our Catholic University family, and you have been so from the moment you decided to join our community. That will never change. Please know that we are ready to support you.

*Sincerely,
Peter K. Kilpatrick
President*

“...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 prenatal 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.”

Catholic University Student Handbook

If you're reading this, you or someone you know may be facing an unplanned pregnancy. We're here to tell you that unplanned doesn't have to be impossible — and that Catholic University will be with you every step of the way.

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WE'RE HERE FOR YOU



“Be not afraid!” God repeats this phrase to women and men throughout the Scriptures as he prepares them to welcome new people into their lives, especially new children. With this greeting, God strengthens Abraham and Sarah, Hagar, and even the Virgin Mary the moment they learn that they will become parents. In each case, the Lord eases anxiety; he calms fear. “Be not afraid,” God says, “for I am with you and will bless you.”

The arrival of an unexpected new life brings with it a seeming mountain of unexpected changes. Anxieties grow around questions regarding the present and the future: Can I do this? Am I ready? Who will help me? “Be not afraid,” God says. Even now, He surrounds you with friends and family, with faculty and staff, with clergy and religious, all eager to help. You are not alone. “I am with you,” says the Lord. And so are we. The University community is ready to accompany and assist you.

*Rev. Aquinas Guilbeau, O.P.
University Chaplain and Director
of Campus Ministry*

We are here for you. That is my message to you on behalf of Student Affairs and the whole University. As a mother of two young men, I know well the joys and the challenges of pregnancy and parenting. But I’m mindful that each one of you — each and every parent — walks her or his own road of emotions and heartaches, joys and challenges. We at Catholic University are here to walk that road with you, if you’ll allow us to do so. You and your child are welcome here.



You are loved, and you will meet with support.

That is my promise to you.

Inside this booklet, you will find resources to support you through your pregnancy, both on and off campus, as well as other pertinent information for you to consider. And please know that my door is always open to talk with you during this season in your life and beyond.

*Judi Biggs Garbuio, Ph.D.
Vice President for Student Affairs*

Pregnancy Tests and Prenatal Care





CATHOLIC UNIVERSITY STUDENT HEALTH SERVICES

Kane Student Health and Fitness Center | 202-319-5744

Hours: M-F, 9 a.m.-12.30 p.m.; 1-5 p.m.

All pregnancy and STD tests are free and confidential.
Pregnancy tests can be taken at the SHS or brought home.

No charge is made to a student's account or sent to parents.

Health services staff are available for further information about insurance + pregnancy-related health concerns.

Pregnancy tests are also provided, free of charge, by the Capitol Hill Pregnancy Center and the Northwest Center.

Capitol Hill Pregnancy Center

713 Maryland Ave., N.E., Washington, DC 20002

202-546-1018

Counseling by appointment

Services are provided at no cost

Services provided: Free pregnancy tests, confidential counseling, and community referrals for prenatal care and housing. Parenting classes for women and men, childbirth classes. Post-abortion counseling is also available.

Material resources: Maternity clothes, baby clothes, diapers, formula, baby furniture and equipment (depends on stock/donations).

Northwest Center

2702 Ontario Rd., N.W., Washington, DC 20009

202-483-2857

Counseling by appointment

Services are provided at no cost

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

Material resources: Maternity clothes, baby clothes, diapers, baby formula, baby furniture and equipment (depends on stock/donations).



Tepeyac OB/GYN

4001 Fair Ridge Dr., Suite 304, Fairfax, VA 22033

703-273-9440

On-Call/After Hours: 888-724-3845

Patients seen by appointment only. Services are provided at minimal cost.

Services provided: Tepeyac OB/GYN is a non-profit that provides state-of-the-art medical care to women with or without medical insurance. The team of physicians and midwives along with a staff of 22 stand ready to assist you.



ABORTION PILL REVERSAL

Have you taken the first dose of RU-486 (Mifepristone) within the last 24-48 hours and wish to reverse its effects? It may not be too late to save your pregnancy. Tepeyac OB/GYN offers urgent appointments to provide abortion-pill reversal care during regular business hours or call the Abortion Pill Reversal Hotline at any time, at the number below.

24/7 Helpline: 877-558-0333

Counseling



Catholic University Counseling Center

127 O'Boyle Hall | 202-319-5765

Hours: M-F, 9 a.m.-5 p.m.

Counseling is available for any currently enrolled full-time student. Counseling sessions are confidential and provided free of charge. Emergency and same-day appointments are available.

After-Hours Emergency Support

Students living on-campus can access the Counselor-on-Call for emergency phone consultation through their Community Director or through the Department of Public Safety, 202-319-5111.

Students living off-campus can access the Counselor-on-Call for emergency phone consultation through Public Safety.

Students also have the option of contacting one of the hotlines listed below, calling 911, or proceeding to their local Emergency Room.

Hotlines

Crisis Hotline (24 hours): 202-561-7000 – Suicide & Emotional Stress

DC Hotline (24 hours): 202-223-2255 – Family Stress & Referrals

DC Department of Mental Health Crisis Helpline: 888-793-4357

Domestic Violence Hotline (24 hours): 202-347-2777

Suicide Prevention Hotline: 800-784-2433

National Suicide Prevention Lifeline: 800-273-8255

DC Rape Crisis Center (24 hours): 202-333-7273

Crisis Text Line: Text "START" to 741-741

IMAlive Crisis Chat: www.IMALive.org

Abortion Pill Reversal Hotline

24/7 Helpline: 877-558-0333

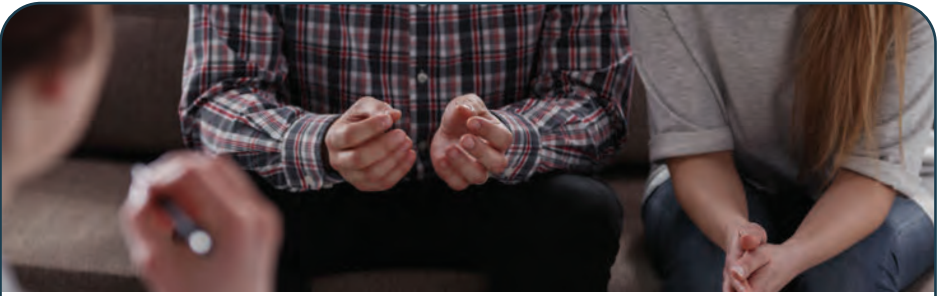
St. Jerome Counseling | 301-541-3740

The St. Jerome Counseling program is designed to assist individuals and couples with a wide range of needs and concerns. St. Jerome's team is made up of licensed professional counselors and social workers, including specialists in pregnancy, adoption, marriage prep, role/life adjustment, anxiety, grief, domestic violence, suicide, and depression. Cognitive behavioral therapy (CBT) and other therapies are available. Counseling is offered in English and Spanish.

St. Jerome Counseling operates on a sliding scale fee and never wants cost to be a deterrent. Appointments are available at three locations in Maryland (Hyattsville, Rockville, La Plata) and online.

To book an appointment or ask additional questions, contact the administrative coordinator: counselingadmin@stjeromes.org or 301-541-3740.





MISCARRIAGE AND POST-ABORTION SUPPORT

Project Rachel

Project Rachel is a post-abortion ministry that reaches out to women and men who have suffered from an abortion. Trained staff, counselors and priests are available to help participants regain a sense of peace in their lives. These services are confidential and most are free.

Virginia

Diocese: Arlington | 703-841-2504

Contact: Josephine

Email: projectrachel@arlingtondiocese.org

Spanish Contact: Maria Luisa Aliaga

Spanish Email: info@helpafterabortion.org

District of Columbia (and Maryland suburbs)

Archdiocese: Washington, D.C. | 301-982-2008

Contact: Julia

Email: projectrachel@adw.org

Greater Maryland

Archdiocese: Baltimore | 410-625-8491

Contact: Amy

Email: projectrachel@archbalt.org

MISCARRIAGE AND POST-ABORTION SUPPORT

Rachel's Vineyard

Rachel's Vineyard provides resources for healing for women and men who are grieving all types of pregnancy loss especially abortion. They offer weekend retreats run by a team of a professional counselor, women and men who have experienced abortion, loving and non-judgemental lay volunteers, and a representative of God – a minister or priest. More information is available at rachelsvineyard.org.

Emmaus Ministry for Grieving Parents

Emmaus Ministry offers retreats, events, and resources for parents experiencing the loss of a child at any age. The Roman Catholic Archdiocese of Washington has a local chapter. For more information, please contact the Archdiocesan Office for Family Life at 301-853-4546 or flm@adw.org.

Our Fruitful Love

Our Fruitful Love is a ministry through the neighboring Diocese of Arlington to accompany families experiencing infertility, pregnancy, and infant loss.

More information is available at ourfruitfullove.com or contact familylife@arlingtondiocese.org.



Ministry





Catholic University Campus Ministry

Ground Floor, Caldwell Hall | 202-319-5575

Hours: M-Th, 9 a.m.-7 p.m., Fri, 9 a.m.-5 p.m.

University Chaplain and Director of Campus Ministry:
Father Aquinas Guilbeau, O.P.

Our staff is here for you – regardless of your religious tradition or where you are on your faith journey. Simply contact Campus Ministry and ask to arrange a time to speak with any staff member.

Please know that conversations with the pastoral staff of Campus Ministry are confidential. If you prefer speaking with a fellow student, you might consider approaching the Student Minister of your residence hall.





SACRAMENTAL PREPARATION

Inquiries about the Order of Christian Initiation for Adults (for becoming Catholic); marriage preparation, baptism preparation, and other sacramental inquiries can be sent to the University Chaplain, Father Aquinas Guilbeau.

Sacrament of Reconciliation

On Campus

Monday–Friday: 4:30–5 p.m. in St. Paul’s Chapel (Caldwell Hall)

Tuesday: 7–8 p.m. in St. Paul’s Chapel (Caldwell Hall)

Sunday: 8:15 p.m. until finished in St. Vincent de Paul Chapel

Basilica of the National Shrine of the Immaculate Conception

Monday–Saturday: 9 a.m.–Noon; 3–5 p.m.

Sunday: 10 a.m.–Noon.; 1:15–2:25 p.m. (en español);

2:30–4:30 p.m.



Campus Support and Accommodations

ACADEMICS AND OTHER ACCOMMODATIONS

Academic Accommodations

All members of the University community are obligated to ensure that pregnant students are not denied or limited in their access to an educational program or activity. In order to facilitate any necessary accommodations, the University encourages students to disclose needs based on pregnancy as early as possible in the pregnancy.

Students should work directly with their instructors to determine modifications and support related to their pregnancy, including requests for extensions or absences related to their pregnancy or breaks for lactation. The Office of the Dean of Students is another resource for students and can help coordinate with instructors for academic accommodations, housing needs, accommodations relating to furniture, classroom relocation, lab support if working with chemicals, and other possible accommodations related to pregnancy. The Dean of Students can also provide information on academic leave in the event that a student wishes to take a semester off from academic work, and can advise on retention of scholarships and other financial aid while on academic leave.

Maternity Parking

An expectant mother holding a valid Catholic University parking permit may park in convenient spots designated by signage for use by pregnant women, located in the following parking lots: Shahan/McGivney, McMahan, O'Boyle, and in the street parking on Divinity Way west of Caldwell Hall.



HOUSING

Catholic University On-Campus Housing

Students who become pregnant are welcome and encouraged to retain the campus housing, if they are comfortable doing so. Students may meet with Dean of Students' Staff to discuss alternative housing arrangements (e.g., room and hall changes) to allow for the health and comfort of the expectant mother.



Off-Campus Housing

Crossway Montessori Communities
3015 Upton Dr., Kensington, MD 20985
301-929-2505

This non-profit offers affordable apartments in community-style living. The community offers a two-year program requiring attendance at Life Skills classes twice a week. There is also a required orientation. Beginning around three months of age, children may be cared for at an on-site Montessori school. Please contact the director for more information.

St. Ann's Center for Children, Youth, and Families
4901 Eastern Ave., Hyattsville, MD 20782
301-559-5500 | info@stanns.org

St. Ann's offers supportive housing for women and their children who can demonstrate financial need, and has conveyed its willingness to accept Catholic University students. The Faith House program on St. Ann's property has eight private one-bedroom apartments with shared kitchen and living areas. Hope House residents live in single-family units with shared kitchens, bathrooms, and living spaces on the first floor of St. Ann's main building. Residents of both houses can receive support services for employment, education, life skills, etc. Those living in Hope House have access to 24-hour supervision and mentoring.

Missionaries of Charity
3310 Wheeler Rd., S.E., Washington, DC 20032
202-562-6890 | Contact: Sister Maria Bernadette

Services provided: Homes for pregnant women based on availability. Women are welcomed into the community and live according to community guidelines (nightly dinners and observing curfew). The sisters are able to provide resources for adoption if desired.

MATERIAL ASSISTANCE

Cardinal Cupboard

Cardinal Cupboard provides non-perishable food items to any member of the Catholic University community that needs help affording essentials. Baby items including diapers and wipes are available in Cardinal Cupboard.

Patrons may shop on their own during open hours or request that bags be premade and available for pickup. Please see service.catholic.edu/cardinal-cupboard for more details.

Cardinal for Life

Cardinals for Life is a student organization that is ready and willing to rally around mother, father, and baby through baby showers, babysitting, transportation, and friendship. Contact information can be found on The Nest or through Campus Ministry.

Cardinal Closet

Cardinal Closet, located in the basement of Gibbons Hall in room B17, offers maternity and baby clothing free of charge. The Closet also offers casual, business, and athletic clothing in a wide range of sizes and styles. Cardinal Closet is open two days a week and by appointment. Please email sustainability@cua.edu for details.





TITLE IX

Title IX of the Education Amendments of 1972 prohibits discrimination based on sex in education programs or activities, including academic, educational, extracurricular, athletic, and other programs or activities of schools. **This prohibition includes discrimination or sex-based harassment against pregnant and parenting students.**

The Catholic University of America is committed to preventing and responding to discrimination on the basis of sex, including sexual harassment, sexual assault, dating violence, domestic violence, and stalking. More information is available online at title9.catholic.edu.

For Title IX support or if you believe your Title IX rights may have been violated, contact Lou Mejia or any of the University's Deputy Title IX coordinators.

Title IX

202-319-6104 | TITLEIX-COORD@CUA.EDU

Director of Compliance/Title IX Coordinator: Lou Mejia

Community Resources

Metropolitan Police Department: 202-727-3700

DC Rape Crisis Center Hotline (24 hours): 202-333-7273

DC Forensic Nurse Examiners Program (On-Call SANE):
800-641-4028

Network for Victim Recovery of DC: 202-742-1727

Rape Abuse & Incest National Network Hotline: 202-656-4673



**Caring for
Your Child**

CHILD CARE

Cardinals for Life Babysitting Network

Cardinals for Life maintains a network of students willing to provide independent childcare for student parents.

Child Care Access Means Parents in School (CCAMPIS)

CCAMPIS is a federal grant awarded to the Metropolitan School of Professional Studies at Catholic University by the U.S. Department of Education to assist parents and guardians in successfully completing their undergraduate study or graduate study by helping to fund childcare. For more information, email metro-ccampis@cua.edu.

BREASTFEEDING RESOURCES

Lactation Spaces

Catholic University provides wellness rooms on campus that are available for use for nursing or pumping. These rooms are located in McMahon Hall, Gowan Hall, and Maloney Hall. An additional wellness room is planned for the new building for the Conway School of Nursing.

Breastfeeding Center

The Breastfeeding Center is located in downtown Washington D.C., and also employs on-call lactation consultants who can come to your location. For more detail, visit the website at www.breastfeedingcenter.org.



ADOPTION

In many situations, adoption serves as a loving response to a difficult pregnancy. For more information on whether this is the right option for you, please consider speaking with counselors at the following places:

Capitol Hill Pregnancy Center
Northwest Pregnancy Center
Missionaries of Charity

The online resource www.bravelove.org might also be of assistance as you consider whether adoption might be the right choice for you and your child.

Speaking with a counselor and/or minister may be helpful as you consider what is best for you and your baby. See pages 7 to 14 for more information.

Adoption “is a great work of love. When it is done, much is given, but much is also received. It is a true exchange of gifts.”

— St. John Paul, II



Resources for Men



*Having a child brings a significant shift in responsibility and identity.
You may be experiencing feelings of both excitement and intimidation.
The following are avenues of support for male students anticipating fatherhood.*

Mentorship and Support

Members of the University administration and staff who are fathers are available to share about their experience and offer support during this time in your life. For more information, email Dean Jonathan Sawyer, sawyerj@cua.edu.

Spiritual and Personal Guidance

Priests and professional staff in the Office of Campus Ministry are available for individual appointments scheduled by phone call or email.

Counseling

Counseling services are available at the Catholic University Counseling Center, or off-campus through the St. Jerome Counseling program.

Post-Abortion Support:

Grief after abortion affects men too. Project Rachel and Rachel's Vineyard provide resources for healing for men who have been involved with abortion in any way.

“Our world today needs fathers.”

— Pope Francis



CATHOLIC UNIVERSITY RESOURCE SUMMARY

Campus Ministry

Ground Floor,
Caldwell Hall
ministry.catholic.edu
202-319-5575

Counseling Center

127 O'Boyle Hall
counseling.catholic.edu
202-319-5765

Student Health Services

Eugene I. Kane Student Health
and Fitness Center
health.catholic.edu
fitness.catholic.edu
202-319-5744

Office of the Dean of Students

353 Pryzbyla Center
deanofstudents.catholic.edu
202-319-5619

Department of Public Safety

120 Leahy Hall
publicsafety.catholic.edu
202-319-5111

Title IX Coordinator

250 Leahy Hall
title9.catholic.edu
202-319-6104

THE CATHOLIC
UNIVERSITY
OF AMERICA



*“Trust in the LORD with all your heart,
and do not lean on your own understanding.*

*In all your ways acknowledge him,
and he will make straight your paths.”*

— Proverbs 3:5-6





“Hear and let it penetrate your heart, my dear little one: let nothing discourage you, nothing depress you. Let nothing alter your heart or your countenance. Also do not fear any illness or trouble, anxiety or pain. Am I not here who am your Mother? Are you not under my shadow and protection? Am I not your fountain of life? Are you not in the fold of my mantle, in the crossing of my arms? ... Is there anything else you need?”

— Virgin Mary to St. Juan Diego



The
Guadalupe
Project