



## **Pregnancy, Childbirth, and Breastfeeding: Student Information and Resources**

### **Legal Rights Under Title IX**

Title IX of the Education Amendments of 1972 is a federal law that prohibits discrimination based on sex in educational programs.

*“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.” Title IX*

This law makes it illegal to discriminate because of sex, which includes discrimination on the basis of pregnancy, childbirth, breastfeeding, or related conditions, including recovery.

### **Pregnancy, Childbirth, & Breastfeeding Accommodations**

Reasonable accommodations are available to students who experience pregnancy, childbirth, breastfeeding, or have documented pregnancy-related conditions. These accommodations are on a case-by-case basis and may include:

- Additional or longer breaks;
- Temporary access to elevators;
- Temporary modification to workspace such as seating;
- Extension for assignments;
- Excused absences;
- Schedule change; and
- Use of lactation room

### **Absences & Making Up Missed Work**

Students absent for documented medically necessary reasons related to pregnancy, childbirth or breastfeeding are allowed to return to the same academic status as before the absences. Differing from AD/504 accommodations, these students are allowed to make up missed work, including any missed participation-related points, as long as the student’s doctor deems absence medically necessary. Instructor’s course policies regarding attendance and make-up generally cannot override these legal accommodation requirements.

### **Lactation Rooms**

Space is available on all four M State Campuses:

- Detroit Lakes – Across from E102
- Fergus Falls – W640
- Moorhead – C124
- Wadena – N17

### **Financial Aid & Scholarships**

Student-loan borrowers who wish to take a semester off and keep their student status or scholarships should contact the financial aid office to determine the impact of a leave. Recipients of any type of financial aid including grants, loans, or scholarships should discuss the impact of taking fewer credits with the financial aid officer staff. More information, including staff contact information can be found online at <https://www.minnesota.edu/financial-aid> or by calling/texting the M State Support Center at 877-450-3322 or by emailing [financialaid@minnesota.edu](mailto:financialaid@minnesota.edu)

### **Prenatal, Pregnant Student and Student Parent Resources**

#### **Pregnancy, Parenting and Adoption Services (PPAS) by Catholic Charities North Dakota**

Services: Pregnancy, Parenting & Adoption Services provide services to those facing an unexpected pregnancy, couples interested in adoption and connecting birth families with adopted children who are now adults. Services include: - International/intercountry adoption - ND domestic infant adoption - Identified adoption - Out of state adoption - Relative adoption

5201 Bishops Boulevard  
Suite B  
Fargo, ND 58104

Phone: [701-235-4457](tel:701-235-4457)

#### **Women Infant & Childrens – Clay County Minnesota**

The WIC program offers nutrition and education for pregnant women, breast-feeding women, infants and children up to age 5.

WIC clinics provide a caring and supportive professional staff to offer you and your family:

- Nutrition information
- Special counseling for pregnant and nursing mothers
- Information about other community services available
- Healthy foods such as milk, cheese, cereal, juice, iron fortified infant formula, and more

Documents Required:

- Proof of Minnesota residence (a bill or letter addressed to you in the past 30 days)

- Proof of total family income (pay stubs from the last 30 days)
- Child's immunization record (optional)
- Child (all children who are eligible)
- Identification

715 11th Street North  
Suite 105  
Moorhead, MN 56560

Phone: [218-299-7777](tel:218-299-7777)

### **Pregnancy Assistance by Birthright**

Birthright provides free and confidential pregnancy help to anyone regardless of age, race, creed, marital status.

- Free pregnancy tests
- Support and friendship
- Information about the process of pregnancy and prenatal development
- Assistance in finding prenatal care, financial help, and legal advice
- Information about adoption resources, if adoption is something a pregnant woman is considering
- Free maternity and baby clothes
- Assistance in finding community resources.

715 11th Street North  
Suite 103 C  
Moorhead, MN 56560

Phone: [218-477-1977](tel:218-477-1977)

### **Pregnancy Counseling and Parent Support Services by The Village Family Service Center**

The Village Family Service Center offer Pregnancy Counseling and Parenting Support Services with a social worker at no cost, without pressure or judgement. They believe no one should be told what you should or shouldn't do. Instead, they will give you the information you need to make decisions that are right for you.

This program provides:

- Pregnancy counseling
- Adoption counseling
- Individualized support

1201 25th Street South  
Fargo, ND 58103

Phone: [701-451-4900](tel:701-451-4900)

### **Pregnancy Resource Center by Women's Care Center**

Women's Care Center provides free, confidential counseling, support and education for pregnant women. Free pregnancy testing and ultrasounds help determine viability and dates (prenatal medical care and pregnancy termination not provided).

This program provides:

- Pregnancy Tests
- Limited Diagnostic 1st Trimester Ultrasounds
- Counseling
- Help Hotline
- Prenatal and Parenting Classes
- Baby Supplies (Diapers, Formula, Clothing, etc.)
- Referrals and Resources

Baby supplies are redeemed with coupons, which are obtained after timely attendance of the educational classes provided at the center. Please reach out to the specific location for class and coupon guidelines.

103 North University Drive  
Fargo, ND 58102

Phone: [701-237-6530](tel:701-237-6530)

### **Public Health Clinic by Fargo Cass Public Health**

The Fargo Cass Public Health clinic provides a variety of family planning services, preventative health screening services and immunizations.

This program provides:

- Rapid HIV and Hepatitis C Testing-results available in 20 minutes
- Prep
- Sexually Transmitted Infection counseling, testing and treatment
- Colposcopy
- Contraceptive counseling
- Variety of birth control methods
- Emergency contraceptive pills

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- Breast and pelvic exams
- Annual exams for women
- Pap smears
- Testicular exams and education
- Laboratory tests
- Pregnancy testing and referral if positive

1240 25th Street South  
Fargo, ND 58103

Phone: [701-241-1360](tel:701-241-1360)

### **Sexual and Reproductive Health by Red River Women's Clinic**

Red River Women's Clinic offers comprehensive sexual and reproductive health services to individuals and families in our service area. Our high professional standards and concern for the safety, comfort, physical and emotional welfare of our patients are the hallmarks that distinguish Red River Women's Clinic.

Services include:

- Birth control
- Emergency contraception
- Pregnancy tests
- STI tests
- Miscarriage management
- Family planning

512 1st Avenue North  
Fargo, ND 58102

Phone: [701-298-9999](tel:701-298-9999)

### **Reproductive Health Services by Planned Parenthood North Central States (PPNCS)**

Planned Parenthood provides confidential, comprehensive, high-quality reproductive healthcare services to the community. The professional staff is dedicated to serving the individual needs of every client to ensure health and safety.

This program provides:

- In-clinic abortions
- Medication abortions
- Birth control

- Emergency-Contraception (Morning-after pill)
- General health care
- HIV testing
- LGBTQ care
- Transgender Hormone Therapy
- Men's health care
- Patient Education
- Pregnancy
- Pregnancy testing & services
- STD testing, treatment, & vaccines
- PEP/Prep
- Women's services (birth control, STD tests, cancer screening, etc.)

803 Belsly Boulevard  
Moorhead, MN 56560

Phone: [218-236-7145](tel:218-236-7145)

### **Nurse Family Partnership program by Fargo Cass Public Health**

The Nurse-Family Partnership (NFP) Program provides nurse home visitation to families with limited financial support and for all teens younger than 19 years of age expecting their first child. The program begins between the 12th and 27th week of pregnancy and continues until the child's second birthday.

Your nurse will help you:

- Have a healthy pregnancy and a healthy baby
- Become a better-prepared, more confident parent
- Build a strong network of support for you and your baby
- Make your home a safe place for your baby to live and play
- Get referrals for health care, child care, job training and other support services available in our community
- Find ways to continue your education and develop job skills
- Set goals for your family's future and find ways to help you reach them

This program is affiliated with the Nurse Family Partnership, a national organization based in Denver, CO.

1240 25th Street South  
Fargo, ND 58103

Phone: [701-241-1360](tel:701-241-1360)

### **Jeremiah Program by Jeremiah Program of Fargo**

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Jeremiah Program believes no mother should have to make the untenable choice between investing in herself or supporting her family. Their two-generation (2Gen) approach establishes a supportive community for moms to pursue a college degree while also supporting the growth and development of their young children – significantly improving the likelihood of multigenerational social and economic mobility.

This program offers:

- College Access & Career Support
- Quality Early Childhood Education
- Access to Safe & Affordable Housing
- Empowerment & Leadership Training
- A Supportive Community

**Address:** 3104 Fiechtner Dr, Fargo, ND 58103

**Hours:**

Closed · Opens 8 AM

**Phone:** [\(701\) 793-5616](tel:7017935616)

## Housing Resources

### Section 8 Housing Choice Voucher program by Cass County Housing Authority

The Housing Choice Voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market.

Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses and apartments. The participant is free to choose any housing that meets the requirements of the program and is not limited to units located in subsidized housing projects. Housing choice vouchers are administered locally by public housing agencies (PHAs).

230 8th Ave W  
West Fargo, ND 58078

Phone: [701-282-3443](tel:7012823443)

### CARES Prevention Homeless Project by FM Coalition to end homelessness

- Households must be at risk of homelessness (due to late rent, eviction notices, etc.)
- For those facing homelessness in the Fargo area.

The CARES Homeless Prevention Project is a collaboration among several partner agencies including: The FM Coalition to End Homelessness, CAPLP, FirstLink, Presentation Partners in Housing, Salvation Army, SENDCAA, and the YWCA. The CARES Homeless Prevention Project provides housing crisis screening assessments to determine if a household may be eligible for short term assistance to prevent eviction or a loss of housing. While resources are very limited, getting connected to potential assistance from the CARES Homeless Prevention Projects partners requires first completing a pre-screening by calling FirstLink at 2-1-1 or

(701) 235-SEEK (7335)  
PO Box 5653  
Fargo, ND 58105

### **Section 8 Housing Choice Voucher Program by Fargo Housing and Redevelopment Authority**

The Housing Choice Voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market.

To apply for the Section 8 Housing Choice Voucher Program, please download the application from our website, and answer every question. Mail or bring in the application.

Due to a significantly long waiting list, Fargo Housing's Housing Choice Voucher waitlist closed on May 22nd. Other housing assistance programs including Family Unification Program (FUP), Veterans Affairs Supportive Housing (VASH), and Public Housing remain open.

325 Broadway N  
Fargo, ND 58102

Phone: [701-293-6262](tel:701-293-6262)

### **Emergency Shelter by YWCA Cass-Clay**

YWCA Cass Clay offers Emergency Shelter for women and children escaping domestic violence, homelessness, and other crisis situations in North Dakota and northwestern Minnesota.

In addition to safe and secure shelter, our residents also have access to on-site services, including:

- Education and Employment program and computer lab
- Children's services including clothing and school supplies, on-site childcare, and counseling referrals
- Health services

All of our services are free, confidential, and based on availability.



Phone: [701-232-3449](tel:701-232-3449)

### **Emergency Disaster Services by Salvation Army of Fargo**

Emergency Disaster Services consists of several basic services that are adapted to the specific needs of individuals and communities and scalable according to the magnitude of the disaster.

This program provides:

- Shelter
- Food and water
- Spiritual support
- Disaster preparedness
- Advocacy
- Long term recovery
- Identification registration
- Reconstruction
- Financial assistance

304 Roberts Street North  
Fargo, ND 58102

Phone: [701-232-5565](tel:701-232-5565)

### **CAPLP Community Action of Moorhead**

The Emergency Assistance program focuses on helping families address their immediate crisis situation by providing assistance for shelter, rent, mortgage payments, security deposits, or utilities. The EA team works with families to develop a plan that works to build long-term stability, connecting them with other resources - both Lakes & Prairies and community resources.

Services provided:

- Emergency housing assistance
- Emergency utility assistance

Participants in this program also benefit from:

- Case management
- Coordinated entry
- Homelessness prevention

715 11th Street North  
Suite 101  
Moorhead, MN 56560

Phone: [218-512-1500](tel:218-512-1500)

## Childcare Resources

### Head start & Early-Head Start of SENDCAA Fargo

The Head Start Program exists to provide a comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families. Head Start seeks to ensure children become school ready as well as to foster stable family relationships, enhance children's physical and emotional well-being, and establish an environment to develop strong cognitive skills.

This program provides:

- Creative Curriculum for Preschool
- Early childhood education
- Physical and dental exams
- Nutritious meals
- Support for children with disabilities

If you are receiving SNAP, TANF or SSI benefits, you are eligible for Head Start. Homeless and foster youth are also eligible. Please call to set up an appointment and get your child added to the needs-based waiting list.

3600 15th Street South  
Fargo, ND 58104

Phone: [701-298-6758](tel:701-298-6758)

Notes: Ages 0-3 & pregnant moms

### Childcare Assistance Program (CCAP) of ND Department of Human Service

The Child Care Assistance Program helps income-eligible families pay for childcare while they work or attend school or training. Children may receive services until they turn 13 years old (children with special needs may qualify up to age 19).

This program provides:

- Assistance paying for childcare

In most cases, families pay a co-payment, which goes towards the cost of care. A co-payment is determined on a sliding fee scale based on a family's income and household size.

Parents may submit an application online, print and complete the Application for Assistance and then return it to a human service zone office, or contact a Human Service Zone Office and request an application by mail.

1010 2nd Avenue South  
Fargo, ND 58103

Phone: [701-241-5747](tel:701-241-5747)

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**Address:** 3104 Fiechtner Dr, Fargo, ND 58103

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**Phone:** [\(701\) 793-5616](tel:701-793-5616)

### **Parent Aware of Minnesota**

Parent Aware offers free tools and resources to help families find the quality childcare and early education programs their children need to succeed in school and life.

This program provides:

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- Community resources
- Child care information

10 River Park Plaza  
Suite 820  
Saint Paul, MN 55107  
Phone: [888-291-9811](tel:888-291-9811)

## **Transportation Resources**

### **Bus Pass by Fargo MATBUS**

M State Students have free access to bus when registered in courses at M State. M State pays a portion of student fees toward the UPass program in the Fargo-Moorhead area. Must show student id to MATBus driver in order to ride bus.

### **Auto Repairs by Fix-it-Forward Auto care of Fargo-Moorhead**

Fix It Forward Ministry provides free car repairs to individuals in need, to help keep their vehicles on the road and safe, as well as giving donated cars for those in need who do not have a vehicle or whose vehicle is beyond repair.

This program provides:

- Car repairs
- Donated cars

All of the car repairs they do, and donations they give, are done based on referral from assistance organizations in the community. They currently work with over 30 different organizations in the Fargo-Moorhead area, including the YWCA, Rape and Abuse Crisis Center, Churches United for the Homeless, New Life Center, SENDCAA, Lakes and Prairies, CCRI, Salvation Army, F5 Project, Jail Chaplains, Voices for Captives, Redemption Road Ministries, Perry Center, Jerimiah Program, and many more. Please contact one of these organizations to apply for services.

6219 53rd Avenue South  
Fargo, ND 58104  
Phone: [701-936-2225](tel:701-936-2225)