



Resource Guide for Pregnant and Parenting Students

Title IX & Discrimination, Harassment, and Retaliation Prevention Office
Humboldt State University
1 Harpst Street
Arcata, CA 95519
(707) 826-5177

titleix.humboldt.edu
titleix@humboldt.edu

In partnership with Humboldt Open Door Community Health Centers and Humboldt State University Masters of Social Work Community Project, this resource guide is a working document subject to change as resources change.

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Contact Information

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Title IX and DHR Prevention Program Analyst
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Dean of Students - Campus Assistance Response and Engagement (CARE) Office

Rob Keever

CARE Services Coordinator
robert.keever@humboldt.edu

Kali Rothrock

CARE Case Manager
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Phone: 707-826-3504
[CARE Website](#)

Counseling & Psychological Services

(707) 826-3236
hsucaps@humboldt.edu
[CAPS Website](#)

Student Health and Wellbeing Services

(707) 826-3146
health@humboldt.edu
[SHWS Website](#)

Housing & Residence Life

Phone: (707) 826-3451
Fax: (707) 826-5316
housing@humboldt.edu
[HRL Website](#)

Off-campus Housing Liaison

Chant'e Catt

Off-Campus Housing Liaison
(707) 826-5509
housingliaison@humboldt.edu

Office of Financial Aid

Phone: (707) 826-4321
Toll Free: (866) 255-1390
Fax: (707) 826-5360
finaid@humboldt.edu
[FinAid Website](#)

Academic and Career Advising Center

(707) 826-3341
acac@humboldt.edu
[AACAE Website](#)

University Police

Phone: (707) 826-5555
hsupd@humboldt.edu
[UPD Website](#)

Athletics

Kelly Kime

Assistant Athletic Director of Game
Management/Senior Woman Administrator
Phone: (707) 826-4529
kelly.kime@humboldt.edu
[HSU Jacks Website](#)

Policies concerning Pregnant and Parenting Students

Title IX

Our school is a Title IX abiding institution. Title IX protects students against harassment due to their sexual identity, orientation, harassment due to anything related to pregnancy and lactation.

For more information regarding pregnant and parenting students' rights on campus:

We recommend that you refer to [Pregnant On Campus](#)'s website. This webpage provides detailed information and handouts on Title IX (a federal law that protects you from discrimination).

Some protections include:

- If a student misses class due to necessary pregnancy-related medical absence, the school must allow the student to make up the missed work and provide the appropriate information to complete assignments.
- Pregnant students must be provided with any special services that are also provided to students with temporary disabilities (such as at-home tutoring).
- If a student becomes pregnant and chooses to stay in school, the school cannot use the student's pregnancy as a reason to terminate or reduce that student's athletic, merit, or need-based scholarships.
- A pregnant student cannot be kicked out of campus housing while she is pregnant. She is allowed to remain in her current housing situation for the duration of her pregnancy (after which she may be asked to move to family-friendly housing).

Athletes

NCAA's [Pregnant and Parenting Student-Athletes: Resources and Model Policies](#) provides an outline of protections and accommodations under the section entitled "Federal Protection Against Pregnancy Discrimination".

Some protections include:

- You cannot be harassed or discriminated against.
- You cannot be kicked off your team to pregnancy or parental status.
- You cannot lose your athletic scholarship due to pregnancy (if you choose to remain on the team).
- You may be allowed a red shirt season and granted a hardship waiver (which allows for an extra season of competition in your sport).

It is recommended that you review [HSU Jack's Student Athlete Handbook](#) for school-specific policies regarding pregnancy.

More detailed questions from student-athletes can be directed to David Hickcox (Title IX) or Kelly Kime (Athletics).

Resources on Campus

Academic Support

[Academic and Career Advising Center \(ACAC\)](#)

ACAC helps students connect their campus experience to future careers all while guiding them through timely degree completion.

[ACAC Website](#)

[Centers for Academic Excellence](#)

The CAE's are culturally-based support programs designed to provide HSU students with networks that blend cultural, community and faculty engagement with structured mentoring – to assist students in reaching their academic and career goals.

[CAEs Website](#)

[The Learning Center](#)

The Learning Center aims to improve student academic performance and help students progress to degree through skill development, tutoring, and structured collaborative learning.

[Learning Center Website](#)

[The Library](#)

The Library provides the information, collections, and services that are necessary to support the instructional programs, research, and outreach services of Humboldt State University. Technology, research help, textbooks on reserve

[Library Website](#)

[Student Disability Resource Center](#)

SDRC provides students with additional and more specific information in support of their academic success. You will find information regarding services, policies, and other important information on their website.

[SDRC Website](#)

[Office of the Registrar](#)

The Office of the Registrar provides more information about available classes, academic deadlines, changing your major, and graduation, to name a few things. You can register for classes, as well.

[Registrar's Website](#)

Lactation Rooms

[State Policies](#)

In California, mothers are protected and accommodated under the following lactation policies:

- [CA AB 2785](#) (2018) requires the Community Colleges and the State University, and encourages satellite campuses, to provide reasonable accommodations to a lactating student to express breast milk, breast feed an infant child, or address other needs related to breastfeeding. Requires educational institutions to provide a sink in the new construction, replacement, expansion or renovation, in addition to access to a private and secure room for breastfeeding students.

- [CA AB 752](#) (2019) requires multimodal transit stations that begin construction or a renovation on or after January 1, 2021, to include a lactation room.

[Lactation Support on Campus](#)

Lactation rooms are private places designated for women who are nursing their infants and/or pumping breast milk. You can find a private, comfortable place to nurse your baby at:

Student Business Services (SBS) room 253: The room has a deadbolt that the user can lock for privacy, along with an electrical outlet, comfortable padded armchair, and waist level countertop. To use it, you should make a reservation ahead of time to the extent possible by contacting Denise Gentry at (707) 826-3512 or drg34@humboldt.edu.

If one needs to use the room without a prior reservation, stop by Denise's desk in SBS 345 and see if it's available for reserving in real-time. If she's not there, anyone at the front desk in this office should be able to help.

If you need a space and are unable to use this one for any other reason, email Ravin Craig at ravin@humboldt.edu; she can assist you in finding a space to meet your needs.

[Other Resources](#)

[Social Justice, Equity, and Inclusion Center](#)

The SJEIC (formally known as the MCC, or Multicultural Center) is a dynamic and inclusive learning community that supports students in their academic and personal journeys at HSU. They do this by creating community, a home away from home and a safe place to Explore, Experience, Express, Empower and Engage.

[SJEIC Website](#)

[Womxn's Resource Center](#)

The WRC aims to provide the tools, support and safe spaces for empowerment and for people to dismantle systems of power, privilege and oppression.

[WRC Website](#)

[Health & Wellness Education](#)

This department on campus enters the connections between health, our identities, and to the physical place in which we live. Peer Health Educators, Oh SNAP!, and CHECK IT programs are under this umbrella.

[Health Education Website](#)

[Counseling and Psychological Services](#)

CAPS promotes the wellbeing of HSU students through outreach, consultation, educational and counseling services. Counseling services are available to regularly enrolled students from Humboldt State University. There are no per-session charges for these services.

[CAPS Website](#)

[Maternity Resources](#)

The Library hosts a [libguide full of Maternity Resources](#).

Medical Care

On Campus Health Care

Student Health Center

1 Plaza Avenue
(Northeast of the Library "Circle")
Business: (707) 826-3146
Fax: (707) 826-5042
After-Hours Message: (707) 826-5036
Pharmacy: (707) 826-5043
After-Hours Nursing Advice (FONEMED): (877) 256-3534
[SHC Sexual Health Website](#)

General questions may be directed to health@humboldt.edu. Please note that email is not secured so personal inquiries regarding medical conditions should not be emailed.

Community Health Centers

Humboldt Open Door Clinic

770 10th Street
Arcata, CA 95521
Phone: (707) 826-8610

2200 Tydd Street
Eureka, CA 95501
Phone: (707) 441-1624
Pediatrics: (707) 269-7057

644 Central Avenue
McKinleyville, CA 95519
Phone: (707) 839-3068

A [complete list](#) of locations, providers, services provided, and contact information is available online.

Open Door Women's Health Center

3798 Janes Rd, Suite #5
Arcata, CA 95521
Phone: (707) 825-7588

North Country Prenatal Services

Mad River Community Hospital
3800 Janes Road, Suite 101
Arcata, CA 95521
Phone: (707) 822-1385

Planned Parenthood

3225 Timber Fall Court, Suite B
Eureka, CA 95503
Phone: (707)442-1000

[Planned Parenthood Website](#)

Birth control and UTI Treatment through [Planned Parenthood App](#)

United Indian Health Services

1600 Weeot Way
Arcata, CA 95521
Phone: (707) 825-5000

[UIHS Website](#)

Housing Resources

Housing & Residence Life

Pregnant students can stay in on-campus housing, but there is no family housing available, so once the baby is born they will be asked to move off-campus. The off-campus housing liaison is available to offer support during this transition:

Chant'e Catt

Phone: (707) 826-5509

housingliaison@humboldt.edu

Rental Assistance

Temporary Assistance for Needy Families (TANF)

The Temporary Assistance for Needy Families (TANF) program provides grant funds to states and territories to provide families with financial assistance and related support services. State-administered programs may include childcare assistance, job preparation, and work assistance.

[TANF Website](#)

U.S. Department of Housing and Urban Development

HUD has several different rental assistance programs and information about renting.

[HUD Website](#)

Assistance with Food

Food Pantries

Oh Snap!

Jolly Giant Commons Rec Room (1st floor)

Phone: (707) 826-4556

[Oh Snap! Website](#)

Cooking classes, food resources, help applying for CalFresh (SNAP) food assistance program. Undocumented students, students who are not eligible for CalFresh, and all other students are welcomed. Students can access the pantry once a week but are welcome to grab snacks, coffee, or tea throughout the week.

Food for People

307 W 14th St

Eureka, CA 95501

Phone: (707) 445-5946

[Food for People Website](#)

Food Assistance Programs

Women, Infants, and Children (WIC)

The purpose of WIC is to ensure that women and their children are eating nutritious foods that their body needs. WIC provides eligible applicants with checks to purchase designated healthy foods from local grocery stores. They also provide help with breastfeeding including free breast pumps and formula.

[WIC Website](#)

Our local WIC offices:

317 2nd St

Eureka, CA 95501

Phone: (707) 445-6255

1450A Hiller Road

McKinleyville, CA 95519

Phone: (707) 445-6255 or (707) 839-1173

3306 Renner Drive

Fortuna, CA 95540

Phone: (707) 726-9427

[Humboldt County WIC Website](#)

United Indian Health Services (UIHS)

1600 Weeot Way

Arcata, CA 95521

Phone: (707) 825-5000

[UIHS Website](#)

Supplemental Nutrition Assistance Program (SNAP)

(formerly known as Food Stamps)

If eligible, the SNAP program will help pay your grocery bill so that you and your child can eat well while you attend school.

[Apply online for SNAP.](#)

Child Care

University Child Care Programs

Children's Center

The HSU Children's Center provides affordable high-quality child care and early education programs in support of HSU students, staff & faculty families.

- Infant Room: 3 -12 months
- Younger Toddlers: 12 to 24 months
- Older Toddlers: 24 through 36 months
- Discovery: 2 1/2 through 3 years
- Preschool: 3 through 5 years

Eligibility

Fall semester registration is scheduled for the last two weeks in July. Spring semester registration takes place during the first week in January. Summer registration begins May 1st.

[Children's Center Waitlist](#)

Location

14th and A Street

Phone: (707) 826-3838

[Children's Center Website](#)

National Resources

Early Head Start

Early Head Start is a child development program for low-income families. Each Early Head Start program is responsible for determining its own eligibility criteria. Family income is one key factor in determining eligibility.

Northcoast Children's Services

1266 9th Street

Arcata, CA 95521

Phone: (707) 822-7206 or (800) 808-7206

Fax: (707) 822-7962

info@ncsheadstart.org

[Northcoast Children's Services Website](#)

Insurance

Oh! Sure

On campus, this is a collection of services that helps HSU students sign up for insurance, answer questions about Medical, FamilyPACT and other public insurance plans, and support students in finding one online, low or no-cost tele-health services in an area where community resources are limited. Located within the Oh Snap Pantry in the Recreation and Wellness Center, room 122.

[Oh Sure! Website](#)

Insurance for Low-Income Families

Medi-Cal is California's Medicaid program. This is a public health insurance program which provides needed [health care services](#) for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low-income people with specific diseases such as tuberculosis, breast cancer, or HIV/AIDS.

[Apply online for Medi-Cal](#)

[Medi-Cal Website](#)

Financing Your Education

Financial Aid at HSU

Phone: (707) 826-4321

Toll Free: (866) 255-1390

finaid@humboldt.edu

[FinAid Website](#)

Government Grants

Academic Competitiveness and National SMART Grants

These two grants were enacted to meet the growing need for improved math and science instruction and encourage students to take more challenging courses in high school--making success in college more likely, according to research--and to pursue college majors in high demand in the global economy, such as science, mathematics, technology, engineering and critical foreign languages.

Academic Competitiveness Grants are available to students for their first and second academic years of college. National SMART Grants are available to students for their third and fourth academic years of college.

[Grant Information Website](#)

Federal Pell Grant

Pell Grants are available to all college students who can demonstrate financial need, including single parents and pregnant individuals. This is a need-based program offered through the federal government, so it is best suited for low-income individuals. The Federal Pell Grant can be extremely useful to finance study material cost and the tuition fees of university.

[Pell Grant Website](#)

Federal Supplemental Educational Opportunity Grant (FSEOG)

This is another grant offered by the federal government and is needs-based.

[FSEOG Website](#)

Private Foundations

Hundreds of private foundations offer scholarships for students pursuing higher education. While you may particularly qualify for scholarships for mothers and women, it helps to broaden your search to consider scholarships for single parents, socioeconomic need, ethnicity, field of study (career path), etc.

Woman-focused and non-traditional scholarships are perfect vehicles for parenting students to use to get funding to continue or return to college. Some recommendations are listed below. We encourage you to [see their listing](#) (with full descriptions) online.

- American Association of University Women
- Denny's Single Parent Student Scholarship
- Emerge Scholarship Program
- Hispanic Scholarship Fund
- Jeanette Rankin Foundation
- Lifetime Adoption Foundation
- P.E.O. Sisterhood
- Patsy Takemoto Mink Scholarship for Low-Income Women
- R.O.S.E. Scholarship
- Scholarships for Moms
- Sister Thea Bowman Foundation
- SWE Scholarship
- Talbots Women's Scholarship Fund
- The Margaret McNamara Memorial Fund
- United Negro College Fund
- Women's Independence Scholarship Program (WISP)
- Women's Opportunity Awards

Parenting Support

Parenting Classes

If you are interested in local parenting classes or support programs, please contact Parent Project and Loving Solutions.

Phone: (707) 825-2535

[Parent Project Website](#)

Playgroups through First 5 Humboldt

Supporting connections to last a lifetime, First 5 Humboldt has a plethora of resources for the first 5 years of children's lives. Playgroups are located all throughout the county.

[First 5 Humboldt Website](#)

Local Parents Groups

Mother 2 Mother Support Circle

Star Siegfried, RN, IBCLC Breastfeeding support, infant weight checks, sharing and support. Free and all are welcome.

Every Tuesday 10am-12pm ~ 317 Third St., Eureka

Parents' Circle

For caregivers of infants and pregnant women to share resources, form connections and socialize. Breastfeeding support.

Facebook at "Parents Circle * McKinleyville"

Wednesdays 10-11:30am Free and all are welcome.

McKinleyville FRC, 1450 Hiller Road, McKinleyville

Ohana Mamas

Baby weight checks and group support

Tessa Stone, CNM, IBCLC & Sommer Halligan, LM

Fridays 10:30am-12pm 442-0400

With Open Arms in the Ohana Room

2324 Harrison Ave, Eureka

Del Norte County Breastfeeding Coalition

Breastfeeding support group by an IBCLC.

Every Thursday 4pm-5pm

FRC of the Redwoods, 494 Pacific Ave, Crescent City

Circle of Moms

Pregnant and new mothers support group

Lactation support provided by WIC. Weight Check

FRC of the Redwoods, 494 Pacific Ave, Crescent City

Prenatal Yoga (Free)

With Kate Maguire, General Hospital, Eureka (Burre Room, top floor), every Friday 1-2:30 pm.

Postnatal Yoga (Free)

"Mommy & Me," General Hospital, Eureka (Burre Room, top floor), every Friday 12-1 pm.

Lactation Support

Paso a Paso

Spanish speaking CLC/CLEs in Eureka and Fortuna

Phone: (707) 441-4477

County of Humboldt WIC

Phone: (707) 445-6255

IBCLC support line: (707) 269-2283

Breastfeeding CLC/CLEs and Peer Support Program Available

United Indian Health Services WIC

CLC/CLEs available for support

Phone (707) 822-9900

Northcountry Prenatal

IBCLC available for Open Door Patients

(707) 822-1385

Redwood Memorial & St. Joseph Hospital

Breastfeeding Care Line: (707) 445-8121 ext. 7536

Shelter-in-Place Virtual Resources

MotherWomen

211 offers a weekly MotherWoman Support group at the Jefferson Center which is currently not being held related to COVID-19 precautions. Local Midwife, [Laura Doyle](#), and Bobbie Spurlock, ASW will be co-leading this online group for 211 via ZOOM on Monday and Friday 9:30-11:30am! You will need to download zoom on your computer or iphone. Mothers can also join the Facebook Group “Humboldt Motherhood Rising”

Please dial 2-1-1 for more information.

Join URL: <https://zoom.us/j/7072042772>

Meeting ID: 707-204-2772

Postpartum Support

This group addresses postpartum, breastfeeding or infant care concerns. Fridays 12pm-1:15pm, hosted by Molly Jacobs, FNP and Kit Meyer, AMFT, IBCLC.

Join URL: <https://Opendoorhealth.zoom.us/j/673020199>

Meeting ID: 673-020-199

Breastfeeding Support

Tuesdays Mother-to-Mother support group normally held in Old Town Eureka is also online. Tuesdays 10-12pm. E-mail Star Siegfried, RN, IBCLC at star@humboldt1.com for the meeting ID. Mothers can also join the Facebook Group “Mother-to-Mother”

Pregnancy Support

Molly Jacobs, FNP and Kit Meyer, AMFT, IBCLC host an online support group for pregnant women Wednesdays from 12pm-1:15pm. This is an opportunity for connections, outreach and coping skills for anxiety during this pandemic. All are welcome.

Join URL: <https://Opendoorhealth.zoom.us/j/804951940>

Meeting ID: 804 951 940

Other great resources:

[KellyMom](#)

[Stanford Breastfeeding](#)

Safety Seat Inspection

Generally, fire departments, police departments, and hospitals offer free child safety seat lessons. Some local programs may give away free child car seats if you take this class. [Arcata Fire](#) will inspect child safety seat installation/ inspection. Humboldt County also [has a program](#) to help with child safety in car transportation.

Other Resources

[Humboldt County Community Resource List](#)

Clothing and Material Resources

[Pregnancy Care Center of the North Coast](#)

This group offers free maternity clothing, baby clothes and other items that are donated. Medical services are available through J. Rophe Medical. Located at 2390 Myrtle Ave in Eureka. Visit their website or call for hours.

Phone: (707) 442-2345

[PCC Eureka Website](#)

[JuJubee's](#)

This group has baby and children's clothing, shoes, toys, books and accessories store, offers trade.

Phone: (707) 630-5075

[JuJubee's Website](#)

Special appreciation for Kit Meyer and Open Door Community Health Centers for supporting the community project