

Resource Guide

Parenting & Pregnancy



The Office of Equal Opportunity

859-257-8297

<https://oeo.uky.edu/>

 Office of
Equal Opportunity

Campus Specific Resources

Always call 9-1-1 in an emergency!!

<u>Academic Ombud</u>	859-257-3737 Confidential space for students/faculty to receive advice and guidance on any academic issue
<u>Childcare/Dependent Grant</u>	UK SGA offers a grant for full-time students who have dependents \$1000 for students with at least 1 dependent \$1500 for students with multiple dependents
<u>Graduate and Family Housing</u>	859-257-3721
<u>Office of Equal Opportunity</u>	859-257-8927 Can investigate claims of discrimination/harassment based on protected classes Offers supportive measures like excused absences (<i>if</i> appointments have to be during class time, though you should try to schedule around classes), helping to change desks, food/water/break excuses, assistance with communicating with professors, etc.
<u>Students Who Are Parents</u>	859-257-2752 Academic resources, career/financial resources, childcare assistance, finding your wildcat community, food/housing resources, wellness resources
<u>UK Center for Support and Intervention</u>	859-257-3755 Provides a central point of entry for concerns regarding students/employees and connecting individual to resources
<u>UK Human Resources</u>	Some are employee-focused, but still has a lot of helpful information regarding childcare resources
<u>Lactation Spaces</u>	Lactation spaces on campus
<u>UK Police Department</u>	859-257-8573 24/7 support

Community Resources

<p><u>Individual, Relational, and Financial Therapy (I-RAFT) Clinic</u></p>	<p>859-257-7755</p> <p>Mental health facility serviced by therapy interns who are in their Family Sciences master's program at UK</p>
<p><u>UK Midwives Clinic</u></p>	<p>859-323-9897</p> <p>The UK Midwife Clinic offers midwifery (obstetrics), gynecology and primary healthcare to women across the lifespan in an environment that emphasizes kindness and personal service</p>
<p><u>UK Women's Health Obstetrics and Gynecology</u></p>	<p>859-323-0005</p> <p>Care throughout various stages of reproductive lives</p>
<p><u>Lexington-Fayette Health Department</u></p>	<p>859-252-2371</p> <p>Helping Lexington be well</p>
<p><u>Lexington Health Center</u></p>	<p>317-205-8088</p> <p>Planned Parenthood is one of the nation's leading providers of high-quality, affordable healthcare, and the nation's largest provider of sex education</p>
<p><u>The Nest</u></p>	<p>859-259-1974</p> <p>Supports individuals and families in crisis, facing adversity, or who have unexpected needs through early childhood education and care; basic human needs; counseling/advocacy for survivors of Intimate Partner Violence</p>
<p><u>University Health Services (UHS)</u></p>	<p>859-323-4636</p> <p>Triage Nurse available for telephone consultations</p>
<p><u>Cabinet for Health and Family Services Prenatal Program</u></p>	<p>502-564-2154</p> <p>Assures basic prenatal services if income is at or below 185% federal poverty level</p>
<p><u>Child Care Aware of Kentucky</u></p>	<p>Housed at Human Development Institute at UK</p> <p>Developmental Disabilities Education, Research and Service</p>

<u>Child Care Assistance Program – Health and Human Services</u>	Children under 13 years of age (exceptions if your child has a disability) Certain qualifications to review
<u>Lexington Family Care Center</u>	859-288-4040 Services for families with young children
<u>One Parent Scholar House</u>	859-252-4828 Help single parents earn a post-secondary education
<u>Standing with You</u>	1-877-910-0096 Helping expecting people know their rights and connecting them to resources
<u>Step By Step</u>	859-258-7837 Are you 12-24 years old and pregnant or a single mom? Step By Step is for you
<u>UK Human Development Institute</u>	Provides information to families, early childhood providers, and education systems across an array of issues
<u>Women, Infants, and Children</u>	859-288-2483 Supplemental Nutrition Program