RESOURCE GUIDE
PARENTING & PREGNANCY

THE OFFICE OF EQUAL OPPORTUNITY

859-257-8927
OEO.UKY.EDU

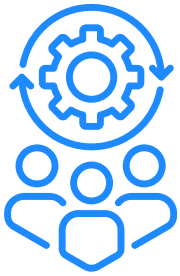
OCTOBER 2026

CAMPUS RESOURCES

Academic Ombud	**859-257-3737** Confidential space for students/faculty to receive advice and guidance on any academic issue
Office of Equal Opportunity	**859-257-8927** Can investigate claims of discrimination/harassment based on protected characteristics. Offers supportive measures like excused absences (if 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.
Center for Support and Intervention (CSI)	**859-257-3755** Provides a central point of entry for concerns regarding students/employees and connecting individual to resources
UK Human Resources	Some are employee-focused, but still has a lot of helpful information regarding childcare resources
Lactation Spaces	Lactation spaces on campus
UK Police Department	**859-257-8573** 24/7 response

FINANCIAL AND HOUSING RESOURCES

Childcare/Dependent Grant	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
Graduate and Family Housing	**859-257-3721**
Students Who Are Parents	**859-257-2752** Academic resources, career/financial resources, childcare assistance, finding your wildcat community, food/housing resources, wellness resources
Cabinet for Health and Family Services Prenatal Program	**502-564-2154** Assures basic prenatal services if income is at or below 185% federal poverty level
Women, Infants and Children	**859-288-2483** Supplemental Nutrition Program



ADDITIONAL RESOURCES

HR WORKING PARENTS: Working parents | Human Resources

HR PARENTAL LEAVE: Parental leave | Human Resources

THE LACTATION SPACES MAP: Breastfeeding and lactation needs | Human Resources

CHILDCARE DEPENDENT GRANT: Students | UKSGA

CHILDCARE AWARE OF KENTUCKY:
ChildCare Aware KY – Kentucky's Child Care Resource and Referral Network

CHILDCARE ASSISTANCE PROGRAM:
Child Care Assistance Program for Families - Cabinet for Health and Family Services

HEALTH RESOURCES

University Health Services (UHS)	**859-323-4636** Triage Nurse available for telephone consultations
UK Midwives Clinic	**859-323-9897** The UK Midwife Clinic offers midwifery (obstetrics), gynecology and primary healthcareto women across the lifespan in an environment that emphasizes kindness and personal service
UK Women's Health Obstetrics and Gynecology	**859-323-0005** Care throughout various stages of reproductive lives
Lexington-Fayette Health Department	**859-252-2371** Helping Lexington be well
Lexington Health Center	**317-205-8088** Planned Parenthood is one of the nation's leading providers of high-quality, affordable healthcare, and the nation's largest provider of sex education
Child Care Aware of Kentucky	Housed at Human Development Institute at UK Developmental Disabilities Education, Research and Service
Child Care Assistance Program – Health and Human Services	Children under 13 years of age (exceptions if your child has a disability) Certain qualifications to review
Lexington Family Care Center	**859-288-4040** Services for families with young children

EDUCATIONAL RESOURCES

One Parent Scholar House	**859-252-4828** Help single parents earn a post-secondary education
Standing with You	**1-877-910-0096** Helping expecting people know their rights and connecting them to resources
Step By Step	**859-258-7837** Are you 12-24 years old and pregnant or a single mom? Step By Step is for you
The Nest	**859-258-7837** Free education and support for every stage of parenting. www.thenestlexington.org/parenting
Childbirth Education classes with UK	**859-258-7837** Register for free Childbirth Education Classes with UK Heathcare. In-person and Zoom options available. ukhealthcare.uky.edu/form/childbirth-education-class-regis

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University of Kentucky

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