

Pregnancy Support and Supplies in Washington, D.C.

Insurance

Medicaid and CHIP

- Insurance for physical and mental health care for income eligible residents of Washington, D.C.
- District of Columbia accepts applications for Medicaid and CHIP year-round.
- Four ways to apply:
 1. **Online:** <https://districtdirect.dc.gov/ua/>
 2. **Phone:** 202-727-5355
 3. **Mail:** send a printed application to
Department of Human Services Economic Security Administration Case Record Management Unit
P.O. Box 91560, Washington, DC 20090
 4. **In-Person:** some Economic Security Administration Service Centers may be open to assist with applications.
Monday-Friday, 7:30 a.m.-4:45 p.m.

Nutrition

WIC

- Provides healthy foods, breastfeeding support and nutrition counseling. Serves pregnant women, new mothers, infants and children up to five years old.
- Must live in Washington, D.C., and meet income guidelines.
- Documentation needed: proof of residency, proof of income, baby/child and birth certificate or hospital discharge papers, proof of pregnancy, identification and immunization shot records.
- 202-442-9397
- Children's National Shaw Metro Clinic: 202-791-1617
- <https://www.dcwic.org/dc-wic-appointment-request>

Doulas

Doulas provide support and information to pregnant people before and after birth, as well as during labor.

DC Medicaid

- Provides coverage for doula services.
- Contact your Managed Care Organization (MCO) on the Medicaid card and ask to be connected to doula services or pregnancy case management and support services.
- <https://dhcf.dc.gov/page/medicaid-managed-care-organizations-mcos>
 - **AmeriHealth Caritas:** 202-408-4720
Bright Start® at 1-877-759-6883
<https://www.amerhealthcaritasdc.com/pdf/member/051121-member-bright-start-booklet.pdf>
 - **CareFirst Community Health Plan** 202-821-1100, ask to speak with a pregnancy case manager
 - **MedStar Family Choice:** 1-855-798-4244
Option 1 for enrollee then 3 to speak with a social worker or case manager then ask for Momma and Me Program
 - **Health Services for Children with Special Needs, Inc.:** 202-467-2737
Ask for support specialist Shanita Douglas 202-961-0034 or obstetric care manager Latonya Rice 202-604-2280

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at **childrensnational.org/visit/resources-for-families/family-services/social-work**

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Doulas

Mamatoto Village

- Offers pregnant mothers wraparound services throughout pregnancy and the infant's first three months of life.
- Regular office and/or in home visits from a Perinatal Community Health Worker/Perinatal Family Support Worker; Labor Support and in-home Postpartum Support (4 hours daytime and 8 hours overnight); Nutrition, health and wellness coaching; Access to a variety of classes and support groups; Breastfeeding Assistance; Access to essential maternity and postpartum mother and baby supplies, including breastfeeding supplies, clothes and newborn essentials; Mental Health Support (for individuals, couples and co-parents); Referrals to WIC, health insurance and other community resources
- Eligibility: Live in Washington, D.C., or Prince George's County and have DC Medicaid. There are a limited number of pro-bono spaces for people who are uninsured or not covered by these health plans.
- 202-248-3434
- info@mamatoto.org
- <https://www.mamatotovillage.org/pregnancy-postpartum/>

Home Visiting, Case Management and Parenting Classes

Bright Beginnings

- *Fatherhood Initiative*: 12-week program with individual coaching sessions support fathers, improve parenting skills and relationship skills. Assistance obtaining a GED, completing high school and pursuing a trade or certification.
- *Home Visiting Program*: Pregnant women and children from birth to age three. 90-minute weekly visit with Early Head Start Services.
- Other classes include: prenatal yoga, partner support, birthing, safe sleep and education for first time parents.
- Support for mothers experiencing domestic violence; Connection to workforce development, health, mental health and disability services
- Eligibility: Washington, D.C., residents with income eligibility
- 3418 4th St. SE, Washington, DC 20032
- 202-842-9090
- etuzon@bbidc.org
- <https://www.bbdc.org/home-visiting-program>

Child and Family Life Services Parenting Program Combination of Parent Education and Home Visiting Program

- Eligibility: Live in wards 5, 6, 7 or 8
- 202-864-6302
- <https://www.cflsdc.org/parenting>

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Home Visiting, Case Management and Parenting Classes

CentroNia Early Head Start Home-Visiting Program

- Home visiting program partners with Early Head Start (EHS) Program.
- Virtual home visiting, family support, health and development support, parent education, mental health coordination and assistance with supplies such as diapers, wipes and formula. Support workers speak English, Spanish and Amharic.
- Eligibility: pregnant women and families with children birth to age 3 years who are at or below the federal poverty level. Enrollment from pregnancy until child is 3 years old.
- Documentation needed: Proof of pregnancy or birth certificate, copy of immunization record, copy of child's insurance card, proof of address and proof of income (such as 2 pay stubs, W-2 or statement from employer)
- 1288 Upshur St. NW, Washington, DC 20011
Sarita Torres:
202-590-8946, storres@centronia.org
- 345 University Blvd. E, Takoma Park, MD 20912
Henry Figueroa
301-543-8040, hfigueroa@centronia.org
- <https://www.centronia.org/programs/early-childhood-education>

Community of Hope

- *Perinatal Care Coordinator*
 - Care coordination begins at first prenatal appointment and continues until baby is at least 6 months old. Care coordinators assist the pregnant person in connecting to wellness and social services resources, ensure that any barriers to care are reduced (transportation, food insecurity, employment and leave concerns) and to serve as the liaison between the patient and the care system. Care coordinators can help patients in scheduling their own appointments and appointments for the baby once born. Ask about care coordination during clinic visits or call 202-540-9857
- *Home Visiting*
 - Offers several home visiting programs that provide parenting guidance, emotional support, information about breastfeeding and referrals to community resources.
- Eligibility: Must be receiving pregnancy care at Community of Hope, eligible for DC Medicaid and living in wards 5, 7, 8 or homeless.
- Enrollment during pregnancy or until baby is 1-year-old, enrolled families can receive support until the child is three years old.
- Ask Community of Hope provider about options and enrollment, call 202-540-9857, or email homevisiting@cohdc.org
- <https://www.communityofhopedc.org/pregnant-and-new-families>

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DC Healthy Start Project

- Case management with referrals to community-based resources; Centering group prenatal care; doula support services; reproductive planning; health education; breastfeeding support; free transportation; home visitation; curbside health services and screening; Fatherhood support: promotion of fatherhood involvement, support programs, education on topics such as pregnancy, childbirth and child development
- Eligibility: Live in Ward 5, 7 and 8. Pregnant or postpartum with infants up to 3 months or males with infants up to 1 year old.
- 1-800-MOM-BABY (1-800-666-2229)
- dchealthystart@dc.gov
- <https://dchealth.dc.gov/node/110372>

Educare Moms 2 Be

- Screening and referral to community-based resources; education about pregnancy, infant developmental science and parenting; assistance obtaining newborn care and safety supplies; one-on-one meetings with perinatal coordinator to set up personal goals; help accessing prenatal care; potential to enroll infant (6 weeks and older) to an early Head Start Program at Educate DC or a childcare partner program.
- Eligibility: Free for income-qualified residents of Washington, D.C., Rolling admission.
- 1027 45th St. NE, Washington, DC 20019
- 202-727-5604
- enroll@educatedc.org
- <https://www.educaredc.org/enroll/prenatal/>

Families Growing Together Stronger (FGTS)- Georgia Avenue Family Support Collaborative

- Parenting Class: Effective Black Parenting curriculum with intensive support.
- Goal of strengthening family and promote positive parent-child relationships.
- \$500 Financial incentive for completing the program.
- Eligibility: Any parent who is parenting a child between 0-12 years old who is not child welfare (CFSA/CPS) involved.
- <https://www.dcfapac.org/fgst-program/>

Mamatoto Village

- Mothers Rising Home Visitation Program including counseling (referral: <https://www.mamatotovillage.org/pregnancy-postpartum/>); Labor support Community Birth Workers and Doulas; Childbirth education classes; Fitness groups, cooking workshops; Parenting education; Breastfeeding support: prenatal breastfeeding classes, one-on-one lactation consultations, breastfeeding groups
- Eligibility: Pregnant mothers in Washington, D.C., or Prince George's County.
- Participating insurances for doula services: AmeriHealth, CareFirst Community Health Plan DC, Medstar Family Choice DC and HSCSN. There are a limited number of pro-bono spaces for people who are uninsured or not covered by these health plans.
- 4315 Sheriff Rd. NE, Washington, DC 20019
- 202-248-3434
- info@mamatotovillage.org
- <https://www.mamatotovillage.org/>

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Generation Hope Scholarship Program

- Eligibility: Teen parent (any gender) pregnant by age 19 and under 25 years old at time of application, resides within 50 miles of Washington, D.C., and attends a non-profit college in the Washington, D.C., Metro Area and seeking a two- or four-year degree, take or plan to take a minimum of 6 credits per semester, raising or actively involved in child's life and FAFSFA eligible.
- Tuition assistance: \$1,200/year scholarship for 2-year degree or \$2,400/year for 4-year degree; Mental health Support and emotional support for scholar and children; Career readiness: one-on-one support with resume, job applications, internship and interview coaching; Hope Coach case management to connect to resources, navigate college and manage crisis; Mentoring and free academic support/tutoring; Access to an emergency fund for financial crisis; Trainings and education about parenting, financial literacy and more; Potential to apply for children to participate in Next Generation Academy- cognitive, social emotional and literacy support with financial support toward enrolling in high-quality childcare or enrichment activities.
- applications@generationhope.org
- <https://www.generationhope.org/scholar-program/#next-gen>

Healthy Babies Project

- **Donation Closet:** diaper/wipes, bottles, baby and maternity clothing.
- **Ready for Baby class:** for pregnant and newly delivered mothers on the 2nd and 4th Tuesday 12-2 p.m.
- **Teen Parent Empowerment Program (TPEP):** series of weekly classes for teen parents or parents-to-be. Classes are free, childcare is provided and a meal is served. Wednesday: 5-7 p.m.
- **Summer Youth Employment Program (SYEP):** 6-week full day life skills and work readiness program for youth ages 14-17. Monetary incentive for completion of the program.
- **Fatherhood Education Empowerment Development (FEED):** promote healthy parenting and life skills for young father in one-on-one and in small groups.
- **Muriel House:** Short-term crisis housing for ages 16-21 who are homeless or transient pregnant and parenting youth transitional home in SE DC *accepting applications.
- **Perennial Transitional House:** short-term housing for young parents and their newborns plus siblings as they work toward independent living. *not currently accepting new referrals
- Eligibility: Serves ages 12-24 who reside in Washington, D.C.
- 4501 Grant St. NE, Washington, DC 20019
- 202-396-2809
- hbpprograms@gmail.com
- <http://www.healthybabiesproject.org/>

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Parenting Education and Responsive Life Skills (PEARLS)

- 26 week in-school program to develop parenting and life skills and promote academic success.
- Eligibility: teenage students in certain school throughout wards 5, 7 & 8 grades 7-12. In certain Montgomery County Schools grades 6-12. Must be referred by school.
- 301-565-9333
- <https://crittentonservices.org/programs/pearls/#more-3486>

Teen Alliance for Prepared Parenting (TAPP):

- Obstetrics and gynecologic services; prenatal education; parenting education (individual and workshops); individual and group counseling; workshops in communication, conflict resolution and life management skills; support to continue education; Centering group prenatal care.
- Eligibility: Pregnant and 21 years or younger. Young fathers can enroll if they are expecting a child or if they have a child under 5 years old. Once enrolled youth may continue to participate in the program until 23 years of age.
- Located at Washington Hospital Center, Georgetown University Hospital, Anacostia High School and Roosevelt High School
- 202-877-0755
- <https://www.medstarhealth.org/services/teen-alliance-for-prepared-planning>

Teen Parent Assessment Program (TPAP)

- Eligibility: Washington, D.C., resident, 18 years or younger who is pregnant or parenting, in need of supportive services, have not (but willing to) complete your high school diploma/GED and receiving Temporary Assistance for Needy Families (TANF) or eligible for TANF benefits.
- Services: Receive case management services, Support with school enrollment and attendance, Assistance with daycare voucher and locating childcare, Assistance applying for TANF, WIC, Health Insurance and vital documents, Education on parenting, sex education and personal enrichment; Linkage to community supports and resources.
- 202-698-4334
- Referral Form: <https://dcmgov.seamlessdocs.com/f/tpapreferralfom>
- <https://dhs.dc.gov/page/teen-parent-assessment-program-tpap>

Baby Supplies

Safe Sleep Program

- Education and Free Cribette (Pack and Play) are available by appointment.
- Eligibility: District of Columbia resident, participate in safe sleep training.
- *CentroNia*, Ward 1: 202-332-4200, Habla Español
- *The Northwest Center*, Ward 1-8: 202-483-7008, Habla Español
- *East River Family Strengthening Collaborative*, Ward 7: 202-397-7300
- *Far Southeast Family Strengthening Collaborative*, Ward 8: 202-889-1425
- <https://thrivebyfive.dc.gov/page/safe-sleep-resources-families>

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Baby Supplies

Metropolitan Police Department Car Seat Installation and Inspection

- 501 New York Ave. NW, Washington, DC 20001
- https://ddot.dc.gov/sites/default/files/dc/sites/ddot/page_content/attachments/2022%20CarSeat%20Card%20Information%20092022.pdf
- No appointment necessary, must be a DC resident.
- DC residents can obtain a car seat voucher through the District Department of Transportation by calling or emailing 202-409-0234, carseatsDC@dc.gov
- <https://ddot.dc.gov/page/car-safety-seat-program>

Northwest Pregnancy Center (faith-based)

- *Step Up program*: For pregnant women and families with infants. Monthly meeting to create/ assess goals, receive material assistance (e.g. diapers, formula) and get connected to community resources (e.g. prenatal care, childcare, job help). Participants can continue the program until the child is two and a half years old.
- *Maternity Home*: Transitional, supportive housing to pregnant women between ages 18-30 and any children they have. Enter the program during any stage of pregnancy and stay in the program for up to 18 months, after moving into housing she can continue to work with the social worker as long as desired. **Not currently accepting referrals for housing support.
- *Car Seat distribution*: Must be a Washington, D.C., resident in at least the eighth month of pregnancy.
- 2702 Ontario Rd. NW, Washington, DC 20009
- 202-483-7008
- <https://northwestcenter.org/material-donations/>

Capitol Hill Pregnancy Center (faith-based)

- Pregnancy Testing & Faith-Based Option Counseling; Prenatal and parenting classes including a fatherhood initiative program; Maternity and baby clothing and supplies.
- 713 Maryland Ave. NE, Washington DC 20002
- 202-546-1018
- <https://capitolhillpregnancycenter.org/services.html>

Housing Resources

Virginia Williams Family Resource Center

- Central intake for families experiencing homelessness or at risk of homelessness in Washington, D.C.; Complete needs assessment and determination of eligibility for housing; Referral for shelter and transitional housing services; Referrals for community support.
- 920 Rhode Island Ave. NE, Washington, DC 20014
Monday–Thursday from 8:30 a.m.–4 p.m.
Friday, 8:30 a.m.–12 p.m.
*not open to public on Fridays
- 202-526-0017

Mary Elizabeth House

- Supportive 5-year housing program; Parenting and life-skills training; Individualized counseling; Early childhood development program for children.
- Eligibility: Must be referred by the DC Child and Family Services Agency. Supports young mothers ages of 17-24.
- 202-827-8854
- <https://www.maryelizabeth.org/home>

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Pregnancy Support and Supplies in Washington, D.C.

Hotlines

National Suicide and Crisis Lifeline

- Call 988 or 1-800-273-TALK (8255)

District of Columbia Department of Behavioral Health 24-Hour Access Helpline

- 1-888-793-4357

CHAMPS

- Mobile crisis for children and teens under the age of 18, 202-481-1440

Mobile Crisis for Adults

- 202-673-9300

Crisis Text Line

- Text "HOME" to 741-741

District of Columbia Shelter Hotline

- 202-399-7093

The Trevor Project

- 1-866-488-7386

National Abortion Hotline

- 1-800-772-9100

National Domestic Violence Hotline

- 1-800-799-7233

DC SAFE

- 24/7 crisis intervention for domestic violence
- 1-844-443-5732

National Human Trafficking Hotline

- 1-888-373-7888

National Maternal Mental Health Hotline

- Call or text 1-833-852-6262

National Adoption Hotline

- 1-888-251-0075

Online Chat

- <http://nationaladoptionhotline.org/online-chat/>

Apps and Virtual Supports

BabyCenter.com

- Provides information about pregnancy, development from pregnancy through toddler years, virtual groups and articles about health and wellness. App available for Apple or Android.
- <https://www.babycenter.com/>

MotherToBaby.org

- Free and confidential information from experts about medications and other exposures during pregnancy and breastfeeding by phone, text, email and chat.
- 866-626-6847
- www.mothers-to-baby.org

Peanut

- Free platform to connect with other women at a similar stage in life during pregnancy and motherhood to build community and find support. App available for Apple or Android.
- <https://www.peanut-app.io/>

Text4 Baby

- Free cell phone app that makes it easy to get critical health and safety information throughout your pregnancy and to help you remember your upcoming appointments.
- <https://www.text4baby.org/>

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

