

Pregnancy Support and Supplies in Virginia

Insurance

Virginia Medicaid

- **FAMIS Prenatal Coverage** is full coverage for pregnant individuals who do not meet immigration status rules for other coverage.
<https://coverva.dmas.virginia.gov/learn/insurance-for-pregnant-individuals/famis-prenatal-coverage/>
- **FAMIS MOMS** provides health care coverage during pregnancy and for a full year after the birth.
<https://www.coverva.org/en/famis-moms>
- **Apply**
 - **Online:** <https://www.commonhelp.virginia.gov/>
 - **By phone:** Call the Cover Virginia Call Center at 1-855-242-8282 (TDD: 1-888-221-1590). Translation and interpretation services are available in all languages.

Doulas

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

Virginia 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.
- **Aetna Better Health:** 1-800-279-1878
https://www.aetnabetterhealth.com/content/dam/aetna/medicaid/virginia/pdf/abhva_baby_book.pdf
- **Anthem HealthKeepers Plus:** 1-800-901-0020
https://mss.anthem.com/va/va_caid_pregnancy_and_beyond_resource_guide_eng.pdf
- **Molina Healthcare:** 1-800-424-4518
<https://www.molinahealthcare.com/members/sc/en-us/mem/medicaid/overvw/coverd/pregnancy-and-baby.aspx>
- **Optima Community Care:** 1-866-239-0618 ask to speak with a case manager about Partners in Pregnancy Program
<https://www.optimahealth.com/members/health-and-wellness/partners-in-pregnancy>
- **UnitedHealthCare Community Plan**
1-844-752-9434 ask about the Healthy First Steps program
- **Virginia Premier:** 1-800-727-7536 ask about the Healthy Heartbeats Program
<https://www.virginiapremier.com/members/medicaid/health-programs/prenatal-program/>

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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Nutrition

Women Infants and Children (WIC)

- Provides formula, breastfeeding support and supplemental nutritious food for pregnant women and children under 5 who meet financial eligibility requirements.
- Apply online: <https://www.myvawic.org/>; <https://www.vdh.virginia.gov/wic/>
- Assistance by phone: 877-835-5942 or 211
- WIC Breastfeeding: <https://www.vdh.virginia.gov/wicbreastfeeding/>

Fairfax County

<i>Annandale District Office</i>	7611 Little River Tpke., Suite 301E (East Wing), Annandale, VA 22003 • Also serving Joseph Willard Center Participants	703-237-6078
<i>Herndon/Reston Office</i>	1850 Cameron Glen Dr., Suite 100, Reston, VA 20190 • Also serving HealthWorks for Northern Virginia, Sully and Centreville Participants	703-481-4099
<i>Mount Vernon Office</i>	8350 Richmond Highway, Suite 233, Alexandria, VA 22309 • Also serving Fort Belvoir Participants	703-704-6196

Loudoun County

<i>Ashburn Office</i>	45201 Research Pl., Suite 120, Ashburn, VA 20147 • Monday-Thursday: 8 a.m.-4:30 p.m. • Friday: 8 a.m.-3 p.m.	703-777-0239
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Prince William County

<i>Georgetown South WIC Office</i>	9444 Taney Rd., Manassas, VA 20110	703-792-7319
<i>Manassas Office</i>	7757 Ashton Ave., Manassas, VA 20109	703-792-7319
<i>Quantico Office</i>	Little Hall 2034 Barnett Ave., Quantico, VA 22134 • Military community only	703-792-7319
<i>Woodbridge Office</i>	4001 Prince William Pkwy., Suite 204, Woodbridge, VA 22192	703-792-7319

City of Alexandria

<i>Casey Health Center</i>	1200 N. Howard St., Suite 105, Alexandria, VA 22304	703-746-4998
<i>Main Office</i>	4480 King St., 2nd Floor, Alexandria, VA 22302	703-746-4998
<i>Neighborhood Health</i>	2 East Glebe Rd., Alexandria, VA 22304	703-746-4998

City of Falls Church

<i>Dar Al Hijrah Islamic Center WIC</i>	3159 Row St., Falls Church, VA 22044	
<i>Inova Cares Clinic for Women WIC</i>	6400 Arlington Blvd., Falls Church, VA 22042	

Arlington County

<i>Stambaugh Human Services Center (Sequoia Plaza)</i>	2100 Washington Blvd., 2nd Floor, Arlington VA, 22204 • Monday, Wednesday, Thursday: 8 a.m.-5 p.m. • Tuesday: 8 a.m.-7 p.m. • Friday: 8 a.m.-12 p.m. • Closed daily from 12-1 p.m.	703-228-1260
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Home Visiting, Case Management and Parenting Classes

Fairfax County Parenting Education Classes

- Free classes that teach positive and effective ways parents can interact with their children at every age and stage of development.
- Classes are offered in English and in Spanish and are based on specific age ranges (0–4, 5–11, 12–18). African American Culturally Focused Parenting Classes are offered in English.
- Sign up for virtual and In-person classes: <https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>

Healthy Families

- Provides home-based parenting support and education, developmental screening, case management and referrals to community-based resources.
- Eligibility: Pregnant and parenting families.
- **City of Alexandria:** 571-278-6867
<https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>
- **Arlington County:** 703-944-8501
<https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>
- **The Greater Prince William Area:** serves first-time mothers or mothers with first US-born child
703-944-8752
<https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>
- **Rappahannock Area:** <http://www.healthyfamiliesrappahannock.org/>
Referral form: https://forms.office.com/pages/responsepage.aspx?id=_WCnbJyiHEaWE-Sq4_8wJ-b8sOf8-BGIlzWUTpI3kFUNzIJUzBBT01URUFNUIVITzQwRTFNQ0xSTy4u
- **Fairfax County:** 571-340-7012
<https://www.fairfaxcounty.gov/familyservices/children-youth/healthy-families-fairfax>
Referral form: <https://www.fairfaxcounty.gov/familyservices/sites/familyservices/files/assets/childrenyouth/healthy-families-fairfax/pdfs/healthy-families-fairfax-family-resources-service-community-referral-form.pdf>

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Home Visiting, Case Management and Parenting Classes

Nurse-Family Partnership and Maternal and Child Health Field Program

- Public health nurses provide home visiting services to women during and after pregnancy and to infants through the Healthy Families Fairfax program, the Nurse-Family Partnership program and the Health Department's Maternal and Child Health Field Program.
- Services include: Pregnancy support and education; After-pregnancy follow-up; Assessment and support for depression and intimate partner violence; Parenting skills and parent-child bonding support; Child development screening
- Family Resources Referral Line: 703-246-8450 for more information about home visits.
- Complete and return the Family Resources Service community referral form: <https://www.fairfaxcounty.gov/familyservices/sites/familyservices/files/assets/childrenyouth/healthy-families-fairfax/pdfs/healthy-families-fairfax-family-resources-service-community-referral-form.pdf>
- <https://www.nursefamilypartnership.org/>

Parent Support Line-Fairfax County

- 703-324-7720
- Monday-Friday 8 a.m.-4:30 p.m.

Education Support

Teenage Parenting Program Arlington Public Schools

- Focus on social emotional wellness for pregnant and parenting adolescents through case management support and linkage to resources.
- Services: Provides parenting coaching; Connection to prenatal care and pediatric care; Career planning; Connection to organizations that provide baby supplies and services; Option to enroll baby in onsite licensed Infant Care Center, transportation for parent and baby are provided, assistance obtaining a childcare subsidy is also available. Program is based out of the Career Center and discussion with the homeschool counselor or social worker to determine option to transfer or obtain support within the homeschool.
- Eligibility: Pregnant or parenting (birthing person or partner of birthing person) adolescents enrolled in Arlington County Public Schools including Arlington Community High School.
- 703-228-5818
- **Program:** <https://careercenter.apsva.us/programs/alternatives-for-parenting-teens-program/outreach-office/>
- **Infant care center:** <https://careercenter.apsva.us/programs/alternatives-for-parenting-teens-program/apt-infant-care-center/>

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Baby Supplies

Safe Sleep Education

- Safe Sleep 365: https://www.dss.virginia.gov/safe_sleep/

Safe Sleep National Institutes of Health and Prevention:

- English: <https://safetosleep.nichd.nih.gov/>

Portable Cribs

- Some health departments, hospitals, Medicaid Managed Care Organizations and home visiting programs (see: Home Visiting Programs) help with portable cribs (Pack N' Play)
- Contact your local health department: <https://www.vdh.virginia.gov/health-department-locator/>
- Call the Member Services number on the back of the Medicaid card and ask to speak with Case Management.
- Contact your local Social Services Department: <https://www.dss.virginia.gov/localagency/index.cgi>
- Eligibility: Education about Safe Sleep is provided when a portable crib is provided.

Car Seats

Voucher

- Free child safety seats and booster seats are available for income eligible children. Parents, foster parents and legal guardians of children who reside in Virginia may apply.
- List of local distribution and education program sites: <https://www.vdh.virginia.gov/child-passenger-safety/low-income-safety-seat-program/>
- Virginia Department of Health, Child Passenger Safety Information Line at 1-800-732-8333

Installation

- Free hands-on help installing a car seat from a Certified Child Passenger Safety Technician; <https://www.vdh.virginia.gov/child-passenger-safety/safety-seat-checks/>

Birthright of Loudoun County (faith-based)

- Maternity clothing and children's clothing through size 2T and faith-based support during pregnancy.
- 16 Royal St., Leesburg, VA 20175
- 703-777-7272 or 800-550-4900
- <https://www.birthrightofloudoun.com/#services>

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Shelter and Housing

Mary's Shelter

- Transitional housing in Fredericksburg for up to 3 years; Case management, parenting and life skills education, baby supplies and clothing and other support provided.
- Eligibility: 18 years and older and pregnant, currently parenting women can bring their other children under age 10. Complete intake application to determine fit for the program.
- Intake: 540-376-2108
- info@marysshelterva.org
- <https://marysshelterva.org/>

Second Story for Young Mothers

- Pregnant and parenting women ages 18-22 are eligible for transitional housing for up to 18 months in townhomes in Fairfax with comprehensive counseling and other services to support independence; Pregnant and parenting women 16-24 who are experiencing homelessness can receive free counseling and support from the program such as case management, budgeting, life skills, parenting education, employment groups and more.
- Eligibility: Application required, pregnant and parenting youth experiencing homelessness
- 703-280-2162 to request an application
- Monday-Friday from 8 a.m.-5 p.m.
- <https://www.second-story.org/young-mothers/>

Apps and Virtual Support

BabyCenter.com

- Provides information about pregnancy, development from pregnancy through toddler years, virtual groups, 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.
- www.mothers-to-baby.org
- 866-626-6847

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/>

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Apps and Virtual Support

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/>
- Text BABY (or BEBE for Spanish) to 511411

The Family Tree 24/7 hour Parenting HelpLine

- Advice and guidance for parenting all ages. Available in English and Spanish.
- 1-800-243-7337

Hotlines

National Suicide and Crisis Lifeline: call 988 or 1-800-273-TALK (8255)

Crisis Text Line: Text "HOME" to 741-741

The Trevor Project: 1-866-488-7386

National Domestic Violence Hotline: 1-800-799-7233

National Abortion Hotline: 1-800-772-9100

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/>

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.

