

The Emily Taylor Center For Women and Gender Equity

Pregnant & Parenting Student Resource Handbook

Updated: 7/9/2019



About This Handbook

We created this handbook to provide a comprehensive resource for parenting students, who have many unique responsibilities that they must balance. It can be difficult and overwhelming for students to figure out how to manage the needs of their family while, at the same time, thrive and succeed in the classroom.

This handbook lists on-campus resources, lactation room locations (with a campus map), scholarship information, Title IX rights and protections, as well as words of advice and encouragement. For purposes of brevity, we also refer to pregnant and parenting students in this document as “student parents” and “parenting students”.

We hope this resource answers many, if not all, of the questions parenting students have as they learn to navigate life as a student and as a parent at the University of Kansas.

For additional resources, please contact:

The Emily Taylor Center for Women & Gender Equity

Email: emilytaylorcenter@ku.edu

Phone: (785) 864-3552

Or visit us in the Burge Union, Suite 1040

This Handbook was originally created by Gabrielle Garrison in 2017 and was recently updated in July, 2019 with additional contributions by Sara Chavez, Anna Balmilero, and Amilee Turner



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Section 1

Title IX: Know your rights!

It is important for pregnant and parenting students to know that there is legislation protecting their rights. Title IX is a federal law established in 1972 that protects people from discrimination based on sex that occurs in education programs or activities that receive Federal assistance (US Dept. of Education website, retrieved 5/14/19)

https://www2.ed.gov/about/offices/list/ocr/docs/tix_dis.html

As a pregnant or parenting student, you are protected from discrimination in the following areas:

- Educational institutions must give pregnant and parenting students the same access to school programs and educational opportunities that are available to other students.
- A school cannot pressure a student to alter their educational plans. However, there may be times when a professor needs to have an open and honest conversation with a pregnant or parenting student about the requirements and/or content of a class that raise concern and we want professors and students to feel they can work together to create a plan that best supports the education of the student.
- Student parents cannot be restricted from participating in classes and extracurricular activities. They should not be required to obtain a doctor's note to do so, unless the school requires doctor's notes from all students who have medical conditions.
- Student parents can choose whether they want to participate in special instructional programs or classes for pregnant students – it cannot be required.
- Excused absences are provided due to pregnancy and childbirth as a doctor deems necessary.
- Pregnant students can return to the same academic and extracurricular status as before medical leave began. In addition, they are allowed to make up any work missed while out.
- Teachers are expected to understand the Title IX requirements related to excused absences/medical leave, including a student's right to choose to take leave or not and the right to make up missed work for pregnancy-related reasons.
- Pregnant students are eligible for the same special services provided to students with temporary medical conditions, including homebound instruction, at-home tutoring, and independent study. Special programs (e.g. study abroad, sports teams, and clubs) cannot deny a parenting student the opportunity to participate due to their parenting status.
- Parenting students cannot be denied the ability to apply for an educational program, financial aid, or scholarships for which they would otherwise be eligible. In addition, awards and scholarships cannot be taken away due to pregnancy.
- Instructors cannot penalize a student because of their parenting status.
- Schools must provide locations for expressing breast milk that are clean and private and are not located in a restroom.



- Pregnant and parenting students are protected from harassment based on sex, including harassment because of pregnancy or related conditions.
- Schools are required to have and distribute a policy against sex discrimination. The policy should make clear that sex discrimination includes discrimination against pregnant and parenting students.
- Schools are required to adopt and publish grievance procedures for students that include how to file complaints of sex discrimination, including discrimination related to pregnancy or parental status.
- Schools are required to have at least one individual designated to carry out responsibilities outlined under Title IX as Title IX Coordinator. This includes overseeing complaints of discrimination against pregnant and parenting students. At KU, the Title IX Coordinator is the Director of the Office of Institutional Opportunity and Access (ioa.ku.edu). Resources for addressing a complaint are listed on their website.

Tips for Pregnant and Parenting Students:

- As much as possible, plan ahead. When you find out you are pregnant, start meeting with professors to plan out how work will be made up. Having a plan in place that both the student and professor have agreed to and are accountable for is important. Also, if you have any questions, immediately start getting in touch with the [Office of Institutional Opportunity and Access \(IOA\)](#)— being proactive and creating a plan that addresses possible issues in the beginning rather than waiting until after a class is over is super helpful .
- If you are running into problems, reach out for help and assistance. Meeting with KU’s Title IX Officer, in the Office of Institutional Opportunity and Access (IOA), will provide you with information regarding what your school can do to support you in continuing your education and also provide you with assistance, resources, and support (ioa.ku.edu).
- Keep written notes about your pregnancy-related absences, instances of harassment, and your interactions with school officials about your pregnancy. It is in your best interest to immediately report problems to your school’s Title IX Coordinator. You can also seek help from campus administrators such as department chairs, deans, or vice provosts (e.g., Diversity and Equity, Student Affairs, Undergraduate Studies).
- If you feel that your school is discriminating against you because you are pregnant or parenting, you may file a complaint with IOA (ioa.ku.edu). You can also consult with KU’s [Legal Services for Students](#) (785-864-5665, legals@ku.edu).
- Contact the [Office for Civil Rights \(OCR\)](#) with any questions. They are there to help make sure all students, including pregnant and parenting students, have equal educational opportunities.
- Links to the Office for Civil Rights brochures can be found [here in English](#) and [here in Spanish](#).



Section 2

Policies Affecting Parenting Students Who Work at KU

Information retrieved from the KU Policy Library

For more information, visit <https://emilytaylorcenter.ku.edu/family-policies-resources>

Family and Medical Leave Act (FMLA)

The [Family Medical Leave Act \(FMLA\)](#) allows employees to balance work and family life by taking reasonable paid or unpaid leave for certain family and medical reasons.

Eligible employees include faculty and staff who: 1) Have been employed by the State of Kansas/University in a position for at least 12 months within the last seven years (does not have to be consecutive) and; 2) Have worked for the State of Kansas/University for at least 1,250 hours in the 12-month period immediately preceding the first day of FMLA qualifying leave.

Parental Leave: Eligible employees may use up to 12 weeks of leave for the birth of their child or placement of a child through adoption or foster care, and the care of the child upon birth. (Leave must be taken within 12 months following the birth or placement). For more information, see the newly adopted [Parental Leave policy](#) information on the next page.

Family Illness: Eligible employees may use up to 12 weeks of leave to care for an employee's family member (defined as parent, legal spouse, child under 18 or over 18 if incapable of self-care because of a mental or physical disability as defined by the Americans with Disabilities Act).

Personal Illness: Eligible employees may use up to 12 weeks of leave for a serious illness or injury, which makes the employee unable to perform job responsibilities.

Other aspects of the leave policy: Military Events Qualifying for FMLA Coverage, Notice of Family Medical Leave, FMLA Coverage, Denial of Family and Medical Leave, Medical Records for FMLA, and additional FMLA information may be found in the KU Policy Library or by contacting the Department of Human Resources at hrdept@ku.edu or at 785-864-4946.



Parental Leave

The newly-adopted KU [Parental Leave policy](#) provides eligible faculty and staff with paid leave for the birth or adoption of a child up to six years of age. The University of Kansas and the State of Kansas recognize the importance of parental bonding and nurturing following the birth or adoption of a child. KU has adopted the KBOR Parental Leave Policy, which allows faculty and staff members up to six weeks of paid parental leave following the birth or adoption of a child. Previously, employees at state institutions had to take vacation or sick leave if they wanted paid time off following birth or adoption. The new KU Parental Leave policy was approved June 13, 2019 and is effective beginning July 1, 2019. The Human Resource Management website offers information about [requesting parental leave](#) as well as an [FAQ page](#). For specific details, exclusions, or special circumstances, visit the [KU Policy Library](#) for more information.

Key aspects of the new KU paid parental leave policy include:

- ◇ To request paid parental leave, you must have 12 months of service in a benefits-eligible position with KU and/or the State of Kansas.
- ◇ If both parents work for KU or the State of Kansas, the primary caregiver will receive up to six weeks of paid leave and the secondary caregiver will receive up to three weeks of paid leave.
- ◇ Parental leave will be paid at the regular rate of pay.
- ◇ Parental leave must be taken within 12 weeks immediately following the birth or adoption placement date.
- ◇ Employees can still take vacation and/or sick leave in addition to the paid parental leave.



Children in the Workplace

The [Children in the Workplace policy](#) seeks to maintain a healthy balance between workplace obligations and family issues to support an employee's request for flexibility to meet unexpected family needs that may affect an employee's working hours. When workloads allow, the University encourages departments to cooperate with employees who wish to meet family responsibilities by using breaks or lunch hours, flexible work schedules, adjusted hours, or vacation leave. It is important to understand that the extended presence of children during work hours is not allowed because of the potential interruption of work, health and safety concerns, and liability to the organization.

Therefore, KU employees should follow the guidelines below regarding the presence of children in the workplace:

- ◇ At all times, children remain the sole responsibility of the parent. Parents must accompany their children at all times. The employee must not ask any other employee or student to supervise the child.
- ◇ The presence of the child cannot disrupt the work environment or negatively affect the productivity of the employee who brought the child, other employees, or students.
- ◇ The employee's supervisor may ask the employee to take the child from the workplace at any time if the supervisor determines that health or safety risks are too great or the child's presence is disruptive.
- ◇ Bringing the child to the workplace on a recurrent basis during their school breaks or before/after school is inappropriate.
- ◇ A child who has an illness that prevents acceptance by a regular day care provider or from attending school, particularly with a child with an infectious disease, should not be brought to the workplace under any circumstances



Section 3

On-campus Resources

*Information retrieved from respective office websites
Resources and Services are free unless specified*

As a parenting student, navigating campus can be challenging. Whether you are a full or part-time student, married or single, balancing academics, work life, and raising a family can be especially challenging. This section outlines the available on-campus resources that are available for you to navigate your way through the University of Kansas. From financial aid counseling, food and clothing resources, to childcare, these centers and resources are here to assist with some of your concerns and needs as a parenting student here at KU.

Academic and Student Services and Support:

Academic Achievement & Access Center (AAAC)

achieve@ku.edu | (785) 864-4064 | Strong Hall Room 22 | achievement.ku.edu

- The mission of the AAAC is to help students: have full and equal access to all facilities, classes, events, and activities that the University of Kansas has to offer; engage in active and collaborative learning in and out of the classroom; and attain their academic and personal goals.
- The AAAC provides:
 - Individual learning strategy consultations
 - Student Access/Accommodations
 - Course-specific academic assistance
 - Tutoring Services/Academic Support

Office of Institutional Opportunity & Access (IOA)

ioa@ku.edu | (785) 864-6414 | 1082 Dole Human Development Center | ioa.ku.edu

Maintain compliance to Title IX

- Helpful with pregnancy and childbirth accommodations
- Investigate reports of harassment and discrimination
- Assist with providing resources and accommodations for anyone who needs it regarding Title IX
- Provides educational trainings regarding the University's policies that prohibit harassment, discrimination, sexual misconduct, and sexual violence
- Serves as a culturally competent, trauma informed, neutral fact finder of complains of harassment, discrimination, sexual misconduct, and sexual violence
- Assists faculty, staff, and students to identify interim and protective measures as well as campus and community support resources



International Student Services (ISS)

iss@ku.edu | (785) 864-3617 | Strong Hall, Room 2 | iss.ku.edu

- F-1 and J-1 Immigration Advising
- Immigration advising for other statuses
- Assistance with immigration documentation
- Academic support advising

Jayhawk Students One Stop (SOS)

sos@ku.edu | (785) 864-0803 | Sabatini Multicultural Resource Center | sos.ku.edu

- Committed to insuring that every student has the opportunity to be successful at the University of Kansas
- Provide resources for undergraduate and graduate students who are experiencing unforeseen challenges that prevent their ability to persist in achieving academic goals at KU
- Serves as a student advocate
- Offers personalized support for all KU students
- Provides inclusive and accessible support practices
- Assists students to meet their academic goals at The University of Kansas
- Supports the retention and graduation goals of the institution

KU Libraries

(785) 864-8983 | lib.ku.edu/locations-hours

- Borrow, renew, and rent Books, DVDS, and other media and materials
- Request articles, books & more
- Off campus access to electronic resources
- Scanning, printing, and copying
- Reserve a room for study groups
- Services for those with disabilities

KU Lt. Gen. William K. Jones Military-Affiliated Student Center

veterans@ku.edu | (785) 864-2458 | Summerfield Hall, Room 345 | veterans.ku.edu

- Provides meeting, conference, tutoring, and study rooms
- Computer access with free printing, scanning, and faxing
- Assistance with VA benefits, advocacy and more
- Features a lounge and break room

KU Writing Center

(785) 864-2399 | writing.ku.edu/hours-locations

- Face-to-face consultations
- Online consultations
- E-tutoring
- Writing resources



Legal Services for Students (LSS)

legals@ku.edu | (785) 864-5665 | Burge Union, Room 2030 | legalservices.ku.edu

- Advice and consultation on most legal matters
- Court representation in landlord-tenant cases
- Preparation, drafting and review of legal documents
- Tax workshops and individual income tax assistance for students
- Notarization of legal documents

Office of Multicultural Affairs (OMA)

oma@ku.edu | (785) 864-4350 | Sabatini Multicultural Center, 1299 Oread Ave. | oma.ku.edu

- The OMA provides support and services for current and prospective students from historically marginalized populations.
- The OMA offers programs and services to enhance the retention and persistence of students, while supporting their academic, personal and professional development.
- Additionally, through purposeful coalitions, the OMA offers diversity and social justice education programs that foster inclusive learning environments for the campus community.

Student Access Services

(Operated under the Academic Achievement and Access Center (AAAC))

achieve@ku.edu | (785) 864-4064 | Strong Hall Room 22 | access.ku.edu

- Student Access Services, part of the Academic Achievement & Access Center, works with all units at KU to insure that every student has an equal opportunity to succeed.
- Student Access Services is here to help you whether your disability is physical, medical, sensory, psychological, or related to attention or learning.
- Accessibly KU's (accessibility.ku.edu) website is another great resource designed to be a one-stop shop for information on equal access, accessibility, and disability at KU.

Student Involvement & Leadership Center (SILC)

silcfront@ku.edu | (785) 864-4861 | 1301 Jayhawk Blvd, Room 400 (Kansas Union) | silc.ku.edu

- **Nontraditional Student Services Eligibility:** Nontraditional students may include students who are commuters (10 or more miles to the Lawrence campus), parents, veterans, or are three years older than most classmates (i.e. 21-year-old first-year)

Student Support and Case Management (SSCM)

(Operated under Student Affairs)

studentaffairs@ku.edu | (785) 864-4060 | Strong Hall Room 132

<https://studentaffairs.ku.edu/student-support-and-case-management>

- Student Support and Case Management empowers students to address and overcome barriers in order to achieve their educational and life goals while at the University of Kansas.
- The SSCM case manager takes a holistic approach to student success by striving to ensure a student's academic, physical health, and mental health needs are met while at the University.



Support Services for Undocumented Students

(Operated under the Office of Multicultural Affairs)

oma@ku.edu | (785) 864-4350 | Sabatini Multicultural Resource Center, 1299 Oread Ave.
undocumented.ku.edu

- Provides supports to ensure the retention and graduation of undocumented students and students from mixed-status families through a holistic approach and connecting them to resources such as professional guidance, academic support, legal services, counseling and psychological services, and other forms of individualized support.
- More information and resources located at: undocumented.ku.edu

TRIO SES & STEM

ses-stem@ku.edu | (785) 864-3971 | Strong Hall, Room 7 | ceop.ku.edu/trio

- TRIO SES & STEM offer a range of individualized academic and personal support services for program participants:
 - Academic advising & course selection
 - Career exploration and planning
 - Financial aid and financial literacy advising
 - Graduate school advising and preparations
 - TRIO grants for eligible participants
 - Personal support and advocacy
 - Individual peer tutoring and drop-in tutoring for math
 - KU Tutor training
 - Professor contacts
 - Support for English language learners
 - Academic workshops and cultural activities

University Career Center (UCC)

ucc@ku.edu | (785) 864-3624 | Summerfield Hall, Room 206 | career.ku.edu

- Their vision is to be recognized as a premier provider of career services that results in KU students leading more meaningful, purposeful lives.
- The UCC provides:
 - Major and career exploration
 - Career assessments
 - Internship resources
 - Professional clothing closet
 - Resume, interviewing, networking tool

Childcare:

Hilltop Child Development Center

hilltop@ku.edu | (785) 864-4940 | 1652 Ousdahl Road | hilltop.ku.edu

- Student-friendly services: sliding fee schedule, scholarship fee subsidies, priority to student families on the waiting list and optional care for periods when KU classes are not in session



Financial Aid and Student Loans:

Financial Aid & Scholarships

financialaid@ku.edu | (785) 864-2277 | KU Visitor Center, 1502 Iowa St., Lawrence, KS
affordability.ku.edu

Their goals are to assist students in the financial aid process for KU, providing guidance and answering questions about the FAFSA and other aid opportunities for KU such as scholarships and loans, and providing a guide for tuition costs for the university.

- Financial Aid provides:
 - Financial Aid Counselors
 - Scholarship & Loan Information
 - Information about the FAFSA and maintaining your aid while at KU. This includes assistance with filling out and correcting FAFSA forms. More information on Federal Student Aid/Correcting or Updating Your FAFSA:
<https://studentaid.ed.gov/fafsa/next-steps/correct-update>

***KU Financial Aid offers **Special Circumstances Budget Adjustments** for students who have financial responsibilities that exceed the maximum financial aid awarded to them for the academic school year. These additional expenses may include housing/rent, utilities, car repairs, health care costs, and childcare, among others. You can consult with your financial aid counselor who will direct you to the forms and steps needed to obtain budget adjustments to your financial aid, which will allow you to take out the additional necessary student loans to cover these costs.

Graduate Student Emergency Fund

- The Office of Graduate Studies has established the Graduate Student Emergency Fund. This fund, managed through Kansas University Endowment Association (KUEA), exists to provide financial assistance to students who have an **immediate unexpected expense due to circumstances beyond their control**. The unexpected expense can be of an emergency or an unplanned non-discretionary expense.
- Funding is usually in amounts of \$500 or less.
- Specific information about guidelines, eligibility, types of expenses, and the application can be found on the website: <https://graduate.ku.edu/graduate-student-emergency-fund>

Jayhawk Completion Grant

- The Jayhawk Completion Grant, managed through Undergraduate Studies, exists to provide financial assistance to students who are experiencing an educational financial obstacle that may be keeping them from graduating or enrolling in their final semester or academic year. Funding is usually in amounts of \$2000 or less. Students can only receive this assistance once during their time at KU.
- Specific information about guidelines, eligibility, and types of expenses can be found on the website: <https://undergraduatestudies.ku.edu/complete>

***This is not an emergency grant; if you are in an emergency financial situation, please contact [Student Affairs](#) or [Financial Aid & Scholarships](#).



KU Endowment (Loan Department)

loanoffice@kuendowment.org | (785) 832-7450 | 1891 Constant Avenue, Lawrence, KS

- KU Endowment is an independent, nonprofit corporation serving as the official fund-raising and fund-management organization for the University of Kansas.
- KU Endowment offers low-interest loans to deserving students through gifted funds. KU Endowment administers these loan funds to ensure maximum financial assistance at a minimum cost to students.
- Loans are available to students at all four KU campuses — Lawrence, Kansas City, Wichita and Overland Park. These loans are repaid directly to KU Endowment, and these payments are reissued in the form of new loans to assist succeeding generations of students at KU.
- Specific information about qualifications, loan amounts, cosigner requirements, repayment terms, and interest and additional fees can be found on the website:
<https://www.kuendowment.org/Resources/Student-Loans>

Student Emergency Assistance Fund

- The Student Affairs Emergency Fund, managed through Kansas University Endowment Association (KUEA), exists to provide financial assistance to students who have an **immediate unexpected expense due to circumstances beyond their control**. The unexpected expense can be of an emergency or an unplanned non-discretionary expense. Funding is usually in amounts of \$500 or less. We will not pay outstanding tuition balances, as it is an expected expense.
- Specific information about guidelines, eligibility, types of expenses, and the application can be found on the website: <https://studentaffairs.ku.edu/emergency-assistance-students>

Student Money Management Services (\$MM\$)

money@ku.edu | (785) 864-1182 | Summerfield Hall, Room 350 G | money.ku.edu

- Committed to improving KU students' financial situations by empowering them with skills to better understand and manage their finances that they can use throughout their lives.
- Student Money Management provides:
 - Income, checking & savings information
 - FIN 101 – Personal Finance
 - Create specific budgets
 - Establish and manage credit
 - Plan for tuition and fee payments
 - Create plan for loan repayment
 - Plan for expenses after college, including retirement



Food and Clothing Resources:

Campus Cupboard

cco.ku.edu | 4th floor of the Kansas Memorial Union, Room 435 | www.cco.ku.edu/food

- Grocery style free food resource. All KU students, faculty, staff and community members are welcome to free meals, ingredients, snacks and produce.
- Hours: Monday 11AM-7PM | Tuesday 11AM-7PM | Thursday 9AM-2PM | Friday 9AM-2PM

Professional Clothing Closet (Operated by University Career Center)

ucc@ku.edu | (785) 864-3624 | Summerfield Hall, Room 206 | career.ku.edu/clothing

- The professional clothing closet is open to all KU students and provides a way for students to access free professional and business casual attire appropriate for career fairs, interviews, and the workplace.
- Hours: Monday-Friday 8am-5pm

Healthcare, Mental Health, and Psychological Resources:

Counseling and Psychological Services (CAPS)

caps.ku.edu | (785) 864-2277 | 1200 Schwegler Drive, Room 2100 (Watkins Memorial Health Center)

- Their goals are to assist students in improving decision-making; identifying and using resources; and achieving academic, social and personal success.
- CAPS provides:
 - Confidential counseling services for psychological, interpersonal, family problems and other issues related to succeeding at the university
 - Testing services
- CAPS fees are the following: <https://caps.ku.edu/fees>
 - First Session at CAPS: \$15.00
 - Individual (50 minutes): \$15.00
 - Group Sessions (1.5 hours): \$15.00
 - Psychiatric Evaluation (1.5 hours): \$40.00
 - Psychiatric Follow-up (30 minutes): \$25.00

KU Child & Family Services Clinic

(785) 864-4416 | 2021 Dole HDC, 1000 Sunnyside Avenue | kuclinic.ku.edu

- Mental health care to children, adolescents, and families of Northeast Kansas, including Lawrence, Eudora, Baldwin City, Topeka, and the Kansas City Metro area
- Parent Handout Series for support related to mental health concerns in children and adolescents
- ADHD (Attention Deficit Hyperactivity Disorder) and LD (learning disability) testing for adults at a discounted rate for KU students.
- Fee information: <https://kuclinic.ku.edu/fees>



KU Psychological Clinic

(785) 864-4121 | Fraser Hall, Room 340 | psychclinic.ku.edu

- Since 1952, Affordable Mental Health Services for the Lawrence Community.
 - Reduced rate for KU students, fee information here: <http://psychclinic.ku.edu/fees>
 - There is also an Edwards Campus KU Psychological Clinic, call (785) 864-4121 for wait-times and availability, and more info can be found here: <http://edwardscampus.ku.edu/kuec-pc>
- *** There is currently a 3 month wait for individual therapy services, 3 month wait for couple services, and 2 months for assessment. The Edwards Campus Clinic has a 3 month wait time as well (Last updated 5/23/2019).

Watkins Health Services (WHS)

(785) 864-9500 | Watkins Health Center, 1200 Schwegler Drive | studenthealth.ku.edu

- *Watkins Health Services provides:*
 - Walk-in clinic
 - 24/7 Nurse Helpline: (785) 864-9583
 - Allergy Clinic
 - General Medicine
 - Gynecology
 - Health Education
 - Immunization Services
 - Laboratory
 - Massage Therapy
 - Pharmacy: (785) 864-9512
 - Physical Therapy
 - Radiology
 - CARE Coordinator: Confidential sexual assault assistance

Women and Gender Support:

Center for Sexuality and Gender Diversity (SGD)

sgd@ku.edu | (785) 864-4256 | Kansas Union, Room 400, Sabatini Multicultural Resource Center
sgd.ku.edu

- SGD strives to build an inclusive campus community by providing social justice-based education, resources, programming, and support for students, staff and faculty across the spectrums of gender and sexuality, with an emphasis on intersectional experiences.
- SGD also operates The Center, which is a physical lounge space for all LGBTQIA+ students, staff, and faculty to feel safe and respected on the KU campus in Lawrence. The Center is open to come study and hang out in.



Emily Taylor Center for Women & Gender Equity (ETC)

emilytaylorcenter@ku.edu | (785) 864-3552 | Burge Union, Suite 1040 | emilytaylorcenter.ku.edu

- Their purpose is to challenge the status quo to achieve gender equity using an intersectional lens.
- The ETC provides:
Programming | Scholarships & Aid | Individual Assistance | Specialized Referrals | Support

The Sexual Trauma & Abuse CARE Center (Off-Campus Resource)

(785) 843-8985 (Phone line open 24/7) | 708 West 9th St., Suite 105, Lawrence, KS 66044

- The mission of The Sexual Trauma & Abuse Care Center is to promote a culture of consent while providing 24/7 support to anyone affected by sexual trauma and abuse in Douglas, Franklin, and Jefferson Counties. The Care Center envisions a community free of sexual trauma & abuse while supporting healing for survivors.
- The CARE center offers counseling and support groups, 24/7 advocacy and response, and prevention and education resources.
- For more information about services and resources, visit their website:
<http://stacarecenter.org/>

The Willow Domestic Violence Care Center (Off-Campus Resource)

admin@willowdvcenter.org | (785) 843-3333 | Call for location

- The Willow Domestic Violence Center builds safer communities through shelter, services, and support to survivors of domestic violence and human trafficking in Douglas, Franklin, and Jefferson county.
- All services are free and confidential and available to all residents of Douglas, Franklin, and Jefferson Counties in Kansas.
- For more information about services and resources, visit their website:
<https://www.willowdvcenter.org>



Section 4

Scholarships & Aid

Information retrieved from Financial Aid and Scholarship and KU Policy Library

As a parenting student, obtaining the necessary financial funds needed to assist with one's educational and personal needs can be challenging, and knowing which scholarship or grant one is eligible for can be a daunting task. This section is meant to provide an array of available scholarships granted to parenting students here at KU, as well as in the broader community.

Emily Taylor Center Scholarships:

Terri Knoll Johnson Award:

This award was established by Dr. Kelly Johnson to honor his wife Terri, who died of breast cancer in 2005. Eligible applicants are full-time female undergraduate or graduate student-parents in the College of Liberal Arts and Sciences, who demonstrate financial need or who plan on applying their academics to make a difference in the world. [Information on the ETC website.](#)

KU Women 4 KU Women Fund:

This scholarship was created by Women Philanthropists for KU to “send the elevator down” in order to assist women in fulfilling their educational and career goals. This can include assistance for costs related to conferences, graduate exam applications, textbooks, or job interviews. [Information on the ETC website.](#)

Childcare Grant:

This grant assists Lawrence campus students with childcare expenses. Awards range from \$900-\$2,000. The Childcare Grant application becomes available September 1st each year on the Financial Aid & Scholarship website (affordability.ku.edu). Eligible student-parents must:

- Enroll in at least six in-person credit hours at the Lawrence campus
- Have a child/children five year of age or younger and not yet in kindergarten
- File a Free Application for Federal Student Aid (FAFSA) or an Institutional Student Needs Analysis Worksheet (ISNAW) if ineligible to file a FAFSA
- Submit complete grant application by priority date (usually early October or late September)



Childcare Budget Adjustment:

Student-parents that pay for childcare may increase their budget to account for these additional expenses. Increasing their budget then allows the student to have additional aid to help pay for childcare. This process does not guarantee there will be additional funding opportunities to help the student pay for childcare, however a student will always be contacted with their options after the adjustment is made. The Childcare Budget Adjustment Request is on the Financial Aid & Scholarships website (affordability.ku.edu) throughout the academic year and summer.

KU Departmental Scholarship Opportunities:

- Student Involvement & Leadership Center (SILC) ***Non-Traditional student scholarships***
- <http://silcdev.drupal.ku.edu/leadership-scholarships>
- Office of Diversity & Equity (DEI) <http://diversity.ku.edu/>
- Center for Sexuality and Gender Diversity <https://sgd.ku.edu/lgbtqia-scholarships>
- Emily Taylor Center for Women & Gender Equity <http://emilytaylorcenter.ku.edu/resources>
- Your Department/Major

Other Scholarship Opportunities:

1. **The Single Parent Scholarship** (\$2,500)- Check Website for Application Deadline <https://www.colwell-law.org/albany-divorce-lawyer/#scholarship-application>
2. **University Women's Club scholarship** (\$1,500-\$2,500): due in early February each year. All KU women students who have successfully completed 12 credit hours of undergraduate course work at KU with a GPA of 3.50 or greater, or nine credit hours of graduate course work at KU with a GPA of 3.60 or greater are eligible. Essays and application available on Financial Aid & Scholarships website in November/December each year.
3. **Jeanette Rankin Women's Scholarship Fund** (amount varies)- due March 1 each year. Designed for women over 35 who put their education on hold to raise a family, this scholarship is for those pursuing a technical or vocational education, an associate degree or a first bachelor's degree. Applicants must be low-income and enrolled in an accredited school. <http://rankinfoundation.org/students/eligibility>
4. **Soroptimist Live Your Dream Award** (\$2,000-\$10,000)- due August 1 through November 15, each year. The Soroptimist Live Your Dream Awards assist women who provide the primary source of financial support for their families by giving them the resources they need to improve their education, skills and employment prospects.
5. **Greater Kansas City Community Foundation** (varies). Any student from Kansas, or the Kansas City metro area should consider these scholarship opportunities. <https://www.growyourgiving.org/scholarships>
6. **The Patsy Takemoto Mink Education Foundation for Low-Income Women and Children** (up to \$5,000). Opens May 1st and due fall of each year. Must be a woman, at least 17 yrs. Of age; must be a mother, with minor children; must be pursuing vocational degree/certificate; a first associate's degree; a first bachelor's degree; or a first professional/master's/doctoral degree. <https://www.patsyminkfoundation.org/education-support-application>



7. **The Educational Foundation for Women in Accounting:** (multiple undergraduate student-parent scholarships). https://www.efwa.org/scholarships_undergraduate.php
8. **Custody Xchange. Single Parent Scholarships:** (\$500-\$1000 up to 3X each year). Must have primary physical custody of one or more minor children. Be enrolled full-time at an accredited college or university. Have a GPA of 3.0 or higher or be a first-semester student. <https://www.custodyxchange.com/scholarships/>

Tips for Scholarship Searching:

- Scholarship “season” is typically December through April—this is when the most applications are due.
- Keep track of deadlines! Make sure you are keeping on top of when each scholarship is due. Creating a spreadsheet with due dates and required materials for each scholarship can be a helpful practice.
- Capitalize on what makes you unique! Search for scholarships based on your specific identity, for example: first-generation student (first person in your family to go to college), parenting student, major/field of study, racial/ethnic identity, etc.
- Search for opportunities that are associated with any student groups or organizations of which you are a part, or through your place of work.
- Always ask if a scholarship is renewable for future years!



Section 5

Non-Traditional Student Scholarships

Information retrieved from the Student Involvement & Leadership Center, the Jeannette Rankin Women's Scholarship Fund, and Emergescholarships.org

Peedee Brown Award: Undergraduate students in the College of Liberal Arts and Sciences, Full-time or part-time enrollment. Preference given to unmarried custodial parents. [Information on SILC website.](#)

Mary C. Breakey Award: Graduate or undergraduate woman, Kansas resident, 1 – 6 credit hour enrollment only. [Information on SILC website.](#)

Soad El-Hodiri Award: Undergraduate only, any gender identity, full-time or part-time enrollment. [Information on SILC website.](#)

Paula Gottdenker Award: Graduate or undergraduate woman, age 50 or older, unmarried, full or part-time enrollment. [Information on SILC website.](#)

EOF Nontraditional Student Learner/Veteran Need Scholarship: Undergraduate only, enrolling in 6 or more credit hours for Fall 2016. Demonstrate significant contributions to campus and/or community. [Information on SILC website.](#)

Jeannette Rankin Women's Scholarship Fund: Low-income women 35-years-old or older across the U.S. Information to learn and apply on the Jeannette Rankin Women's Scholarship Fund website. Information can be found at <https://jrf.fluidreview.com/>.

Emerge Fund: Women whose educations have been interrupted, who have overcome significant obstacles, and who give back to their communities. Information can be found at <http://emergescholarships.org/index.php/apply>.



Section 6

Lactation Room Locations

Overview

The KU Campus provides a number of spaces on campus for people to use a breast pump or to use for breastfeeding. There are currently 18 spaces available on the Lawrence campus as well as spaces at the Edwards campus and KUMC that can be used by all members of the campus community, visitors, and guests. All of the rooms have at a minimum an electrical outlet, a locking door, chair and desk/table, and a clean and private space. Some rooms also have additional features, such as a sink and a refrigerator. For more information on specific locations, room features, and how to access these spaces, please visit <http://emilytaylorcenter.ku.edu/lactation-stations>.

While some people prefer to breastfeed their babies in a private, quiet, distraction-free environment, it is important to stress that this is a choice, not a requirement. Kansas law (K.S.A. 43-158) gives people the legal right to breastfeed their baby in public.

Since breastfeeding is an issue related to pregnancy, Title IX ensures that student parents who are breastfeeding their babies and/or using a breast pump are provided access to space and accommodations to their schedule to accomplish this. This includes providing reasonable breaks for classes and academically-related exams (LSAT, Bar exam, GRE, and MCAT). See these links for more information: www.ncsl.org/research/health/breastfeeding-state-laws.aspx#State and www.ncsl.org/research/civil-and-criminal-justice/state-public-accommodations-laws

In addition, recently-adopted laws state that breastfeeding mothers who are subject to the overtime requirements of the FLSA be provided reasonable break time to express milk. For more information, please consult the [KU Policy on Lactation Support](http://www.dol.gov/whd/nursingmothers/) and FLSA Requirements (<http://www.dol.gov/whd/nursingmothers/> or <http://www.dol.gov/whd/regs/compliance/whdfs73.htm>).



Lactation Room Locations

Rooms highlighted in **red** serve only as a lactation site.

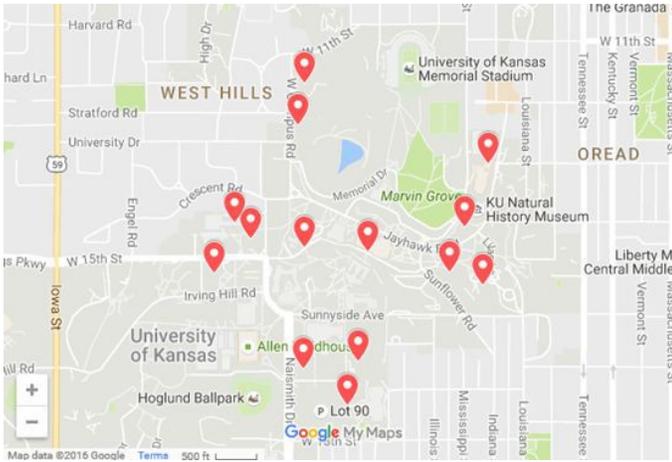
- Ambler Student Recreation Fitness Center (Pumping location only; Room 15B)
- Anschutz Library (Private study room on the 2nd Floor – please inquire at the 3rd Floor desk)
- Blake Hall
- **Capitol Federal Hall (Room 1114)**
- Carruth – O’Leary Hall (Room 119 & 207)
- **Green Hall (Room 314)**
- **Learned Hall (Room 4165G)**
- Leep2 –School of Engineering (Room 1410 Leep2)
- **JRP (Room 208)**
- Lippincott Hall
- Multicultural Resource Center
- **School of Pharmacy (W. Campus, Room 3036)**
- **Watkins Memorial Health Center (Room 2305)**
- **Watson Library**
- **Wescoe Hall**
- KU Edwards Campus (Regents Center Room 210)
- KU Medical Center “Express Station” (schedule through Outlook calendar on Emily Taylor Center website)



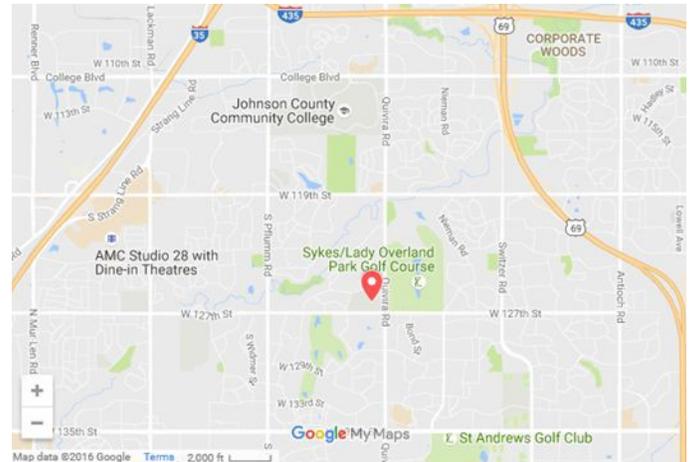
Section 7

Lactation Room Map & Signage

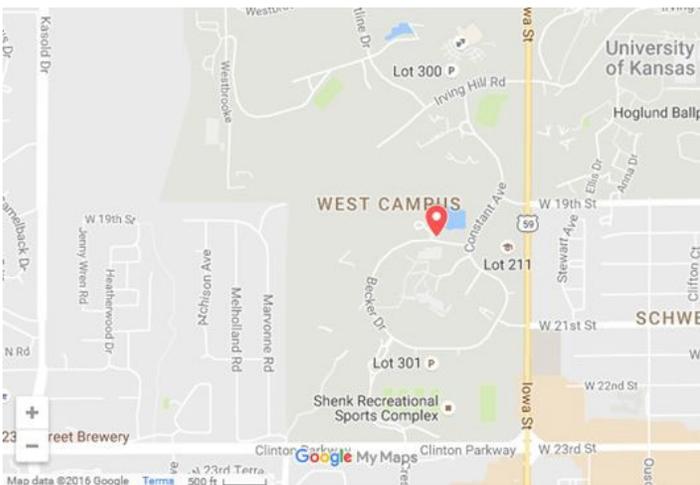
Main Campus



Edwards Campus



West Campus



Lactation Room Sign



Section 8

Healthcare Resources

Information retrieved from [Watkins Health Services](#) and the [KU Child & Family Services Clinic](#)

Mandatory Health Fee and Part-time Students:

Full-time students who pay Campus Fees pay for a Health Fee that is included in the overall cost. For part-time students, to be seen at Watkins Health Center (WHC), the remaining cost of the Health Fee is added to a student's account at WHC. This plan covers all students at the University of Kansas to an extent. Visits include appointments within the clinics, as well as ancillary services such as prescription pick-ups from the Pharmacy and Lab work.

Voluntary Insurance:

Students may purchase voluntary insurance through [United Healthcare Student Resources](#). The Kansas Board of Regents (KBOR), in cooperation with state universities, sponsors a voluntary health insurance plan designed specifically for students. United Healthcare Student Resources is the carrier for this plan, which is fully compliant with the federal Patient Protection and Affordable Care Act. This plan covers pregnancy, delivery, and care for children if the student has enrolled both themselves and their children. The plan was designed primarily for the college student demographic, but they do allow students to enroll their families (at a higher annual premium). Please refer to the KBOR plan on the [Watkins Health Center webpage](#).

International Students & Mandatory Insurance:

Health insurance coverage is mandatory for all individuals in F-1, J-1 or J-2 status whose I-20 or DS-2019 is issued by the University of Kansas. United Healthcare Student Resources insurance coverage is automatically included on all F-1 and J-1 students' Student Account Services accounts, when the student enrolls in classes. The intent of these insurance requirements is for all international students to have excellent, continuous insurance coverage while studying at the University of Kansas. For more information please visit the [International Student Services website](#) or call (785) 864-3617. If you have further questions, please contact the Insurance Coordinator at issinsurance@ku.edu.

Graduate Health Insurance:

Graduate Teaching Assistants (GTAs), Graduate Research Assistants (GRAs) and Graduate Assistants (GAs) who meet eligibility requirements qualify for student insurance with a university (employer) contribution. For more information please visit the [KU Human Resources website](#).

KU Child & Family Services Clinic:

Provides affordable, quality mental health care to children, adolescents, and families of Northeast Kansas, including Lawrence, Eudora, Baldwin, Topeka, and the Kansas City Metro area. They are the primary training clinic for graduate students in the Clinical Child Psychology Doctoral program at KU. The KU Child and Family Services Clinic is located at 2021 Dole HDC, 1000 Sunnyside Avenue, Lawrence, KS. For more information call (785) 864-4416 or visit their website: <https://kuclinic.ku.edu/>



Section 9

Douglas County Food Resources

Information retrieved from respective websites and Jayhawk Student One Stop (SOS)

Community Resource Centers

Campus Cupboard:

Kansas Union, Room 435, 1301 Jayhawk Blvd., Lawrence, KS | <http://www.cco.ku.edu/food/>

Hours: Monday 11am-7pm, Tuesday 11am-7pm, Thursday 9am-2pm, Friday 9am-2pm

Operated by the Center for Community Outreach, the Campus Cupboard is a grocery-style free food resources available to all KU students, faculty, staff, and community members.

Website provides information on additional food resources.

Salvation Army:

(785) 843-4188 | 946 New Hampshire Street, Lawrence, KS

<https://centralusa.salvationarmy.org/douglascounty>

Crisis intervention, case management, rent and utility assistance, emergency food pantry, referral and advocacy, Emergency temporary housing for families (offsite), emergency disaster services, addiction recovery referrals and Vision USA program provides assistance with eye exams and glasses.

Ballard Community Center:

(785) 842-0729 | 708 Elm St., Lawrence, KS | <https://www.ballardcenter.org/>

Providing Income based child care and early education, assisting community with food pantry, emergency assistance for rent and utilities, senior's commodities program, family support and counseling, back to school supplies, Holiday Bureau program

ECKAN:

(785) 841-3357 | 2518 Ridge Court, Lawrence, KS | <http://www.eckan.org/>

Assistance with rent and utilities, home weatherization, seasonal and holiday assistance, school supplies, homeless and housing counseling, referrals to other services and case management, food pantry

Heartland Community Health Center:

(785) 841-7297 | 346 Maine St., Suite 150, Lawrence, KS | <https://heartlandhealth.org/>

Medical clinic with sliding scale fees, food pantry, counseling program, marriage and family counseling, financial benevolence, pregnancy care – call for appointment.

American Red Cross:

(785) 843-3550 | 2518 Ridge Court #205 Lawrence, KS | <https://www.redcross.org/local/kansas.html>

Emergency Food, Lodging and Clothing for disaster relief, Utility assistance for customers of Westar (Project Deserve)



Lawrence Emergency Assistance Center (Operated by the Catholic Charities of Northeast Kansas):

(785) 856-2694 (Call for an Appointment) | 1525 West 6th St., Lawrence, KS 66044

<https://catholiccharitiesks.org/where-we-work/lawrence/>

Hours: Monday-Friday, 8:30am-4:30pm

Provides assistance for low-income individuals and families for food, housing, clothing, medical prescriptions, and basic utility payments. There is also an on-site case manager who works to identify solutions and resources for people. All services are free and based on need, and will help anyone regardless of religion, race, or nationality. Call for an appointment.

County Food Pantry Locations

Just Food:

(785) 856-7030 | 1000 E. 11th St., Lawrence, KS | [Http://justfoodks.org/](http://justfoodks.org/)

Hours: Tuesday- Friday 9am-1pm, 2pm-6pm (Closed Mondays)

The Salvation Army:

(785) 843-4188 | 946 New Hampshire St., Lawrence, KS

<https://centralusa.salvationarmy.org/douglascounty>

Hours: Monday, Tuesday, Thursday, Friday 9am-12pm | CLOSED WEDNESDAY

Ballard Community Center:

(785) 842-0729, ext. 101 | 708 Elm St., Lawrence, KS | <https://www.ballardcenter.org/>

Hours: Monday- Friday 1am-2pm

ECKAN:

(785) 841-3357 | 2518 Ridge Court, Lawrence, KS | <http://www.eckan.org/>

Hours: Monday- Friday 9am-4pm (closed from 12pm-1pm)

Trinity Interfaith Pantry:

(785) 843-6166 | 1027 Vermont St., Lawrence, KS | <http://trinitylawrence.org/>

Hours: Tuesday 2pm– 4 pm; Saturday 10:00 am – 12:00 pm

First Baptist Church:

(785) 843-0020 | 1330 Kasold Dr., Lawrence, KS | <https://firstbaptistlawrence.com/food-pantry/>

Hours: Wednesday, 12pm – 2pm, 1st and 3rd Wednesdays from 5:30pm – 7pm

Harvesters Mobile Food Pantry Hours: 4th Saturday of each month from 1pm-2pm

Heartland Community Health Center (formerly The Leo Center):

(785) 841-7297 ext. 223 | 346 Maine St., Suite 150, Lawrence, KS | <https://heartlandhealth.org/>

Hours: By appointment only: Thursdays 1pm-3pm and Saturdays from 9:00am-12pm

Heritage Baptist Church:

(785) 887-2200 | 1781 E 800 Rd., Lawrence, KS | <https://heritagebaptistchurch.cc/>

Hours: 1st & 3rd Thursday of the Month 4-6pm



Cornerstone Southern Baptist Church:

(785) 843-0442 | 802 West 22nd St., Lawrence, KS | http://www.cornerstonelawrence.org/food_assistance

Hours: Monday 11 am – 4 pm (except for holidays)

Stull United Methodist Church Food Pantry:

(785) 887-6521 (leave message) | 1596 E. 250 Rd., Lecompton, KS | <https://www.stullumc.org/>

Hours: 1st and 3rd Thursdays each month 7pm – 8:30pm

Harvesters rural mobile food pantry Hours: 4th Thursday of each month from 12pm-1pm

New Life Assembly of God:

(785) 594-3045 | 118 5th St., Baldwin City, KS (*Baldwin City residents only, please*)

<https://211kansas.bowmansystems.com/index.php/component/cpx/?task=resource&id=1580886&tab=1>

Hours: Tuesday 8am-12pm and 4pm-8pm

Harvester’s mobile food pantry Hours: Last Thursday of each month from 10am-11am

Baldwin First United Methodist Church Food Pantry:

(785) 594-6612 | 704 8th St., Baldwin City, KS | <https://baldwinfirst.org/>

Hours: Thursday 7pm-8pm, Saturday 9am-11am (Call for more information and hours)

Lecompton United Methodist Church:

(785) 887-6327 | 402 Elmore, Lecompton, KS (Call to register) | <http://www.lecomptonumc.org/>

The Choice Food Pantry is open the third Saturday of each month from 7:30am-11am, and is open for those living in the Perry Lecompton school district or in the 66050 zip code area.

For urgent need, contact Mary Jane Hoffer (785) 887-6395 or Mary Lou Morris (785) 887-6458

Pet Food Pantry:

(785) 843-4150 | 1245 New Hampshire St., Lawrence, KS (Enter on 13th Street)

<Http://www.tlclawrence.org/index.html> (Because some of our hungry babies have four legs)

Hours: Saturdays from 10am-12pm.

Food Kitchens

Jubilee Café:

(785) 856-9521 | <https://fumclawrence.org/jubilee/>

Located in the basement of First United Methodist Church, 946 Vermont St., Lawrence, KS

Hours: Tuesday & Friday 7am-8am

L.I.N.K. (Lawrence Interdenominational Nutrition Kitchen):

(785) 331-3663 | First Christian Church 221 West 10th St., Lawrence, KS

<http://www.linklawrence.org/>

Hours: Tuesday, Thursday, Saturday, Sunday, 1pm-2pm



Salvation Army:

(785) 843-4188 | 946 New Hampshire St., Lawrence, KS

<https://centralusa.salvationarmy.org/douglascounty>

Hours: Monday, Wednesday, and Friday 1:00 – 2:00 pm

Mobile Food Pantry

Just Food:

(785) 842-0729 | Operated by Ballard Center | <http://justfoodks.org/need-food/mobile-food-pantry/>

Hours: 9:00 am on the third Wednesday of every month.

Available until the food is gone. Located at the Douglas County 4-H Fairgrounds. Must be a Douglas County Resident.

Ballard Community Center:

(785) 842-0729 x.101 | 2100 Harper Street, Lawrence, KS, 66044 |

<https://www.ballardcenter.org/>

Hours: Available twice a month at the Douglas County Fairgrounds (Call to confirm dates)

Stull United Methodist Church Food Pantry:

(785) 887-6521 (leave message) | 1596 E. 250 Rd., Lecompton, KS | <https://www.stullumc.org/>

Hours: 4th Thursday of each month (Call to confirm dates & time)

Summer Food Program

Schools Summer Food Program:

(785) 832-5000 | June – August | <http://www.usd497.org/ParentsAndStudents/FoodServices/>

Summer food program supplying meals to children 18 & under FREE and Adults \$3.35/meal at the local Elementary, Middle and High Schools in Lawrence, KS.

Hours: Please call for available locations and hours.

Food Stamps, Vouchers Program

DCF Department for Children & Families:

(785) 832-3700 | 1901 Delaware St., Lawrence, KS | <http://www.dcf.ks.gov/>

Applications available for SNAP (formerly known as food stamps), financial assistance for families, medical cards.

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC):

(785) 856-5350 | 200 Maine St., Lawrence, KS | <https://ldchealth.org/176/WIC-Nutrition>

Food vouchers for pregnant women and families with children under age 5. For state WIC contact info visit: www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies



Supplemental Nutrition Assistance Program (SNAP):

(888) 369-4777 | www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap
Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps) provides nutrition benefits for families. To find your local SNAP office, visit:
<http://www.dcf.ks.gov/services/Pages/DCFOfficeLocatorMap.aspx>

Special Needs Food Services

Meals on Wheels of Lawrence:

(785) 830-8844 | 1414 W 6th Street, # 3201, Lawrence, KS | <http://www.lawrencemow.org/>
Specialized home meal delivery program for homebound persons

Meals on Wheels of Eastern Kansas, Inc.:

(785) 295-3980 | 2134 SW Westport Dr., Topeka, KS 66614 | <http://www.mowks.org/services.shtml>
Specialized home meal delivery program for homebound persons

Senior Resource Center for Douglas County:

(785) 842-0543 | Temporary location during remodeling: 2920 Haskell Ave., Lawrence KS
Will return to Permanent location in September 2019: 745 Vermont St., Lawrence, KS
<https://yoursrc.org/home/resources-for-seniors/food-nutrition/>
Disabled & Senior Meals delivery (Call for details).

Jayhawk Area Agency on Aging, Inc. (Lawrence location):

(785) 832-0754 | 2001 Haskell Ave., Lawrence, KS | <http://www.jhawkaaa.org/services/nutrition/>
Manages CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors) program. For more information about the program, call (785) 832-0754.

Food Pantries — Kansas City Area

https://www.foodpantries.org/ci/ks-overland_park



Section 10

Community Resources

Community Resource Centers

Campus Cupboard:

Kansas Union, Room 435, 1301 Jayhawk Blvd., Lawrence, KS | <http://www.cco.ku.edu/food/>

Hours: Monday 11am-7pm, Tuesday 11am-7pm, Thursday 9am-2pm, Friday 9am-2pm

Operated by the Center for Community Outreach, the Campus Cupboard is a grocery-style free food resources available to all KU students, faculty, staff, and community members.

Website provides information on additional food resources.

Salvation Army:

(785) 843-4188 | 946 New Hampshire Street, Lawrence, KS

<https://centralusa.salvationarmy.org/douglascounty>

Crisis intervention, case management, rent and utility assistance, emergency food pantry, referral and advocacy, Emergency temporary housing for families (offsite), emergency disaster services, addiction recovery referrals and Vision USA program provides assistance with eye exams and glasses.

Ballard Community Center:

(785) 842-0729 | 708 Elm St., Lawrence, KS | <https://www.ballardcenter.org/>

Providing Income based child care and early education, assisting community with food pantry, emergency assistance for rent and utilities, senior's commodities program, family support and counseling, back to school supplies, Holiday Bureau program

ECKAN:

(785) 841-3357 | 2518 Ridge Court, Lawrence, KS | <http://www.eckan.org/>

Assistance with rent and utilities, home weatherization, seasonal and holiday assistance, school supplies, homeless and housing counseling, referrals to other services and case management, food pantry

Heartland Community Health Center:

(785) 841-7297 | 346 Maine St., Suite 150, Lawrence, KS | <https://heartlandhealth.org/>

Medical clinic with sliding scale fees, food pantry, counseling program, marriage and family counseling, financial benevolence, pregnancy care – call for appointment.

American Red Cross:

(785) 843-3550 | 2518 Ridge Court #205 Lawrence, KS | <https://www.redcross.org/local/kansas.html>

Emergency Food, Lodging and Clothing for disaster relief, Utility assistance for customers of Westar (Project Deserve)



Lawrence Emergency Assistance Center (Operated by the Catholic Charities of Northeast Kansas):

(785) 856-2694 (Call for an Appointment) | 1525 West 6th St., Lawrence, KS 66044

<https://catholiccharitiesks.org/where-we-work/lawrence/>

Hours: Monday-Friday, 8:30am-4:30pm

Provides assistance for low-income individuals and families for food, housing, clothing, medical prescriptions, and basic utility payments. There is also an on-site case manager who works to identify solutions and resources for people. All services are free and based on need, and will help anyone regardless of religion, race, or nationality. Call for an appointment.

Emergency Shelters

Lawrence Community Shelter:

(785) 832-8864 | 3701 Franklin Park Circle (Off E. 25th St., South of HWY 10, near Douglas County Jail) Lawrence, KS | <https://www.lawrenceshelter.org/>

Provides shelter and case management for homeless adults and families in Douglas County.

Salvation Army:

(785) 843-4188 | 946 New Hampshire Street Lawrence, KS

<https://centralusa.salvationarmy.org/douglascounty>

Emergency temporary and transitional housing.

Willow Center:

(785) 843-3333 | (800) 770-3030 | <https://www.willowdvcenter.org/>

Women with children under age18 may stay at shelter.

Lawrence Family Promise:

(785) 764-9506 | <http://lawrencefamilypromise.org/>

Providing counseling and assistance for families with shelter/housing, and household goods.

Laundry Facilities

Lawrence Community Shelter:

(785) 832-8864 | 3701 Franklin Park Circle (Off E. 25th St., South of HWY 10, near Douglas County Jail) Lawrence, KS | <https://www.lawrenceshelter.org/>

Provides shelter and case management for homeless adults and families in Douglas County.

Salvation Army:

(785) 843-4188 | 946 New Hampshire, Lawrence, KS.

<https://centralusa.salvationarmy.org/douglascounty>



Shower Facilities

Community Building:

(785) 832-7920 | 115 W. 11th St., Lawrence, KS

<https://lawrenceks.org/lprd/recreationfacilities/cb/>

Amenities are not supplied

Hours: Monday- Friday 7am-9pm, Saturday 10am-6pm, Sunday 1pm-6pm

East Lawrence Recreation Center:

(785) 832-7950 | 1245 E. 15th, Lawrence, KS

<https://lawrenceks.org/lprd/recreationfacilities/elrc/>

Hours: Monday- Friday 7am-9pm, Saturday 10am-6pm, Sunday 1pm-6pm

Holcomb Park Recreation Center:

(785) 832-7940 | 2700 W. 27th, Lawrence, KS

<https://lawrenceks.org/lprd/recreationfacilities/hprc/>

Hours: Monday- Friday 7am-9pm, Saturday 10am-6pm, Sunday 1pm-6pm

Phone Facilities

Salvation Army:

(785) 843-4188 | 946 New Hampshire (local calls)

<https://centralusa.salvationarmy.org/douglascounty>

Lawrence Community Shelter:

(785) 832-8864 | 3701 Franklin Park Circle (Off E. 25th St., South of HWY 10, near Douglas County Jail) | <https://www.lawrenceshelter.org/>

Kansas Lifeline Program:

(800) 662-0027 | Lawrence, KS

<http://www.kcc.state.ks.us/public-affairs-and-consumer-protection/kansas-lifeline-program>

Any local phone provider offers reduced cost telephone service to low-income households.

Veterans Services

Kansas Commission on Veterans Affairs (Lawrence office):

(785) 843-8223 | 745 Vermont Street, Lawrence, KS

<https://kcva.ks.gov/veteran-services/office-locations>

Assists in application process for veterans' benefits programs.

Emotional Support & Psychological Services

Bert Nash:

(785) 843-9192 | 200 Maine St., Lawrence, KS, 66044 | <http://www.bertnash.org>

Community Mental Health Center, income based counseling and family services. Emergency crisis case management and outreach.



Headquarters Counseling Center:

(785) 841-2345 | 211 East 8th Street, Lawrence, KS, 66044

www.headquarterscounselingcenter.org

Free and confidential, in-person and/or phone support and counseling services, call for appointment.

Willow Center:

(785) 843-3333 | (800) 770-3030 | <http://www.willowdvcenter.org/>

Services and Shelter for Abused Women and Men. Women with children under age 18 may stay at shelter.

The Sexual Trauma & Abuse CARE Center:

(785) 843-8985 (Phone line open 24/7) | 708 West 9th St., Suite 105, Lawrence, KS 66044

<http://stacarecenter.org/>

24/7 support to anyone affected by sexual trauma and abuse in Douglas, Franklin, and Jefferson Counties. The CARE center offers counseling and support groups, 24/7 advocacy and response, and prevention and education resources.

KU Psychological Clinic:

(785) 864-4121 | 340 Fraser Hall, Lawrence, KS | http://psych.ku.edu/psychological_clinic/

Income based counseling for adults & children.

KU Child and Family Services Clinic:

(785) 864-4416 | 1000 Sunnyside Avenue, Lawrence, KS | <https://kuclinic.ku.edu>

Provides quality mental health care to the children, adolescents and families of the Lawrence community; offers sliding scale based on income

Healthy Families:

(785) 843-0721 | 200 Maine St., Lawrence, KS | <https://ldchealth.org/202/Healthy-Families>

Case management for expecting parents with options and information for promoting healthy child development, parent/child interaction, preventing child abuse and neglect, and helping families link with necessary community resources.

National Alliance for Mentally Ill (NAMI):

(800) 539-2660 | 233-0755 | www.namikansas.org

Advocates in Educating, supporting and empowering people with mental illness and their families.

Suicide Prevention Lifeline:

Local Hotline: (785) 841-2345 | (888-899-2345 in Baldwin) | National Hotline: (800) 273-8255

2110 Delaware St., Suite B, Lawrence, KS

<http://www.headquarterscounselingcenter.org/>

For anyone considering suicide or worried about someone else. Bereavement support.



Medical, Health & Pregnancy Services

Lawrence Memorial Hospital:

(785) 505-5000 | 325 Maine Street, Lawrence, KS | <https://www.lmh.org/>

Providing acute care inpatient and outpatient services, community education programs, 24-hour emergency department and psychiatric stabilization services.

Lawrence-Douglas County Health Department:

(785) 843-3060 | 200 Maine St. Ste. B, Lawrence, KS, 66044 | www.ldchealth.org

Call for hours. Family planning, immunizations, std/hiv/aids testing.

Insight Women's Center (Previously the Pregnancy Care Center of Lawrence):

(785) 842-6499 | 3210 Mesa Way, Lawrence, KS, 66049 | <http://insightlawrence.org/>

A faith-based organization providing resources, information and counseling for pregnant women.

Douglas County Dental Clinic:

(785) 312-7770 | 2210 Yale Rd., Lawrence, KS | <http://www.dcdclinic.org/>

Providing comprehensive dental care to low income, uninsured residents of Douglas County.

Heartland Community Health Center:

(785) 841-7297 | 346 Maine St., Suite 150, Lawrence, KS | <https://heartlandhealth.org/>

Medical clinic with sliding scale fees, food pantry, counseling program, marriage and family counseling, financial benevolence, pregnancy care. Health Care Access Clinic merged with Heartland Community Health Center, and its services will be provided at the Heartland location.

Ask-A-Nurse:

KU Nurse Helpline: (785) 864-9583

Shawnee Mission Hospital Ask-A-Nurse: (913) 676-7777

Children's Mercy Nurse Advice Line: (816) 234-3188 800-932-6220

Overland Park Regional Medical Center Nurses On-Call Helpline: (913) 541-5562

People who have health questions that can be answered without seeing a physician.

Community-Based Outreach Clinic (CBOC) through the Veterans Affairs office:

(785) 841-2957 | Main Number: (800) 574-8384 x54650 | Mental Health Phone Number: (785) 350-3111 x54335 | 2200 Harvard Road, Suite C-103, Lawrence, KS | <https://www.topeka.va.gov/>

Basic health care and mental health counseling to veterans.

Haskell Health Center:

(785) 843-3750 | 2415 Massachusetts Street, Lawrence, KS

<https://www.ihs.gov/oklahomacity/healthcarefacilities/haskell/>

Health services available to any federally recognized tribal member, including Community practice, optometry, dietary, mammography and well-woman exams, pediatric and well-child exams, mental health services, drug abuse counseling, diabetes clinics, dental care and pharmacy and lab.



The Salvation Army:

(785) 843-4188 | 946 New Hampshire St., Lawrence, KS

<https://centralusa.salvationarmy.org/douglascounty>

Prescription assistance and Vision USA program.

RX Access Card:

Apply for the card 1-800-444-4106 | The Prescription Discount card can save clients 25%-40%.

Children’s Health Insurance Program (CHIP):

(800) 318-2596 | <https://www.healthcare.gov/medicaid-chip/childrens-health-insurance-program/>

CHIP provides low-cost health coverage to children in families that earn too much money to qualify for Medicaid. In some states, CHIP covers pregnant women. Each state offers CHIP coverage, and works closely with its state Medicaid program. Visit website or call to apply.

Health Insurance Marketplace:

(800) 318-2596 | <https://www.healthcare.gov/>

Senior Services

Senior Resource Center for Douglas County:

(785) 842-0543 | Temporary location during remodeling: 2920 Haskell Ave., Lawrence KS

Will return to Permanent location in September 2019: 745 Vermont St., Lawrence, KS

<https://yoursrc.org/>

Resources and services for older adults, including resources for Senior Meals, transportation, financial and legal services, healthcare, housing, safety and security, and life-long learning classes.

Jayhawk Area Agency on Aging, Inc. (Lawrence location):

(785) 832-0754 | 2001 Haskell Ave., Lawrence, KS | <http://www.jhawkaaa.org/>

Services to make it easier for older persons to live independently in the comfort of their own surroundings. Offer programs for nutrition, physical fitness, in-home services, Senior Health Insurance Counseling for Kansas, as well as other services.

Senior & Disability Transit:

The T – Para-lift Transit:

(785) 312-7054 | 1501 Irving Hill Road, Lawrence, KS | <http://lawrencetransit.org/ada-services>

Call for details and appointments.

Jaylift Paratransit:

(785) 846-5438 | 1501 Irving Hill Road, Lawrence, KS | <https://access.ku.edu/jaylift-paratransit>

Transportation for KU students, staff, and faculty with permanent or temporary injuries who cannot easily access the regular accessible KU Bus Route. Transportation is only available on campus. If a student will need to use paratransit in Lawrence, it is imperative to be certified through the [City of Lawrence](#).



Independence, Inc.:

(785) 841-0333 | 2001 Haskell Avenue, Lawrence, KS | <http://www.independenceinc.org/>
Call for details and appointments.

Douglas County Senior Services Transportation:

(785) 727-7876 | 745 Vermont St. Lawrence, KS
<https://yoursrc.org/home/resources-for-seniors/transportation/>
Affordable Transportation for Seniors. Call for rates and details or visit website.

Disability Assistance

DCF/ Department for Children & Families:

(785) 832-3700 | 1901 Delaware St., Lawrence, KS | <http://www.dcf.ks.gov/>

Cottonwood, Inc.:

(785) 842-0550 | 2801 West 31st Street Lawrence, KS | <http://www.cwood.org/>
A full range of support for people with disabilities, including, residential and employment services.

Kansas Audio-Reader Network:

(785) 864-4600 | 1120 West 11th Street, Lawrence, KS | <https://reader.ku.edu/>
Reading and information services for blind, visually impaired and print-disabled individuals in Kansas, FREE.

DRC (Disabilities Rights Center of Kansas):

(877) 776-1541 | 214 SW 6th St., Suite 100, Topeka, KS | www.drckansas.org
Legal advocacy agency empowered by federal law to advocate for the civil and legal rights of Kansans with disabilities.

Trinity In-Home Care, Inc.:

(785) 842-3159 | 2201 West 25th, Suite Q, Lawrence, KS | <http://www.tihc.org/>
Respite and attendant care to individuals with disabilities and seniors.

Independence, Inc.:

(785) 841-0333 | 2001 Haskell Avenue, Lawrence, KS | <http://www.independenceinc.org/>
Services for those with disabilities: advocacy, information, referrals, counseling and psychological services & more.

Substance Abuse Recovery

Alcoholics Anonymous:

(785) 842-0110 | Lawrence, KS | <http://aa-ksdist23.org/wp/>
Support and fellowship for those who desire to stop drinking and/or maintain sobriety.



Narcotics Anonymous:

(785) 749-6631 | Lawrence, KS | <https://www.na.org/>

Support and fellowship for those who desire to stop using narcotics and alcohol and maintain sobriety.

DCCCA:

(785) 841-4138 | 1739 East 23rd Street (Outpatient) | 3312 Clinton Parkway (Office), Lawrence, KS
<https://www.dccca.org/>

Family preservation, outpatient intervention, assessment, treatment and support groups for individuals and families where the abuse of alcohol and other drugs has become a problem.

Clothing

Goodwill:

(785) 331-3908 | 2200 West 31st Street Lawrence, KS
<https://www.mokangoodwill.org/locations/goodwill-lawrence>

Hours: Monday-Saturday 9am-9pm, Sunday 11am-6pm
Second-hand clothing and other goods at reduced costs.

The Salvation Army Thrift Store:

(785) 856-1115 | 1601 West 23rd St # 106, Lawrence, KS, 66046
<https://centralusa.salvationarmy.org/douglascounty>

Hours: Monday-Saturday 9am-9pm, Closed Sunday
Second-hand clothing and other goods.

Social Service League Thrift Store:

(785) 843-5414 | 905 Rhode Island St., Lawrence, KS, 66044
<https://www.facebook.com/socialserviceleague/>

Hours: Tuesday-Friday 12pm-6pm, Saturday 10am-6pm
Call for hours. Providing free clothes to homeless, low cost to everyone else, household goods, and eye glasses for children.

Ballard Community Center:

(785) 842-0729, ext. 101 | 708 Elm St., Lawrence, KS
Free Children’s Clothing Age N-5, Free family clothing and referral for “Ready for Work” professional clothing.
Hours: Monday – Friday, 8:30 am – 4:30 pm

ECKAN Prom Boutique:

(785) 841-3357 | 2518 Ridge Court, Lawrence, KS 66046
http://www.eckan.org/projects/prom_boutique/

The goal for the Prom Boutique is to make prom affordable for all, no matter your income level. Held annually. For more information about the event and when it will be held, contact ECKAN.



Adult Education

Adult Learning Center:

(785) 330-2133 | 2145 Louisiana Street, Lawrence, KS | <https://www.usd497.org/Page/4272>
GED classes, assessments, employment skills, and goal setting.

Lawrence Diploma Completion Program :

(785) 330-4803 | 2145 Louisiana Street, Lawrence, KS | <https://www.usd497.org/Page/4272>
Assists persons 18 and older in obtaining a high school diploma.

Employment

Lawrence Workforce Center:

(785) 840-9675 | 2540 Iowa Street, Suite R, Lawrence, KS

<http://www.workforcecenters.com/lawrence/>

Re-employment and employment services, classes and skill building opportunities to assist in job placement – access to internet job search and temporary assistance.

Kansas Works Website: <https://www.kansasworks.com/ada/>

Financial Counseling

Housing & Credit Counseling:

(785) 749-4224 | 2518 Ridge Court, Suite 208, Lawrence, KS 66046 | <https://hcci-ks.org/>

Non-For-Profit Financial counseling for budgets, debts, bankruptcy, student loans, home buyers, foreclosures. A nominal fee may be charged – ask first.

Rent & Utilities Assistance

ECKAN:

(785) 841-3357 | 2518, Ridge Court, Lawrence, KS | <http://www.eckan.org/>

ESC Program; **First of each month – call for details.**

The Salvation Army:

(785) 843-4188 | 946 New Hampshire St., Lawrence, KS

<https://centralusa.salvationarmy.org/douglascounty>

ESC Program; **First of each month – call for details.**

Heartland Community Health Center:

(785) 841-7297 | 346 Maine St., Suite 150, Lawrence, KS

<https://heartlandhealth.org/programs-and-services/>

Assistance with rent and utilities. **First and middle of month – call for details (follow the automated system for the Rent & Utility Assistance prompt.).**

American Red Cross:

(785) 843-3550 | 2518 Ridge Ct. #205, Lawrence, KS | <https://www.redcross.org/local/kansas.html>

Electric Utility assistance for seniors age 60 receiving SS or SSI.



Back-Up Financial Assistance

Corpus Christi Catholic Church:

785-843-6286 | 6001 Bob Billings Parkway, Lawrence, KS 66049

Emergency Funds available on a case by case basis after all other financial options are exhausted. Can help pay last \$50 of a bill, call for more information.

Lawrence Emergency Assistance Center (Operated by the Catholic Charities of Northeast Kansas):

(785) 856-2694 (Call for an Appointment) | 1525 West 6th St., Lawrence, KS 66044

<https://catholiccharitiesks.org/where-we-work/lawrence/>

Hours: Monday-Friday, 8:30am-4:30pm

Provides assistance for low-income individuals and families for food, housing, clothing, medical prescriptions, and basic utility payments. There is also an on-site case manager who works to identify solutions and resources for people. All services are free and based on need, and will help anyone regardless of religion, race, or nationality. Call for an appointment.

Temporary Assistance for Needy Families (TANF):

(833) 765-2003 | <http://www.dcf.ks.gov/services/ees/pages/cash/tanf.aspx>

For eligibility and requirements to receive cash assistance, call or visit the website. For more overall information, you can also visit the federal page for TANF:

<http://www.acf.hhs.gov/programs/ofa/programs/tanf/about>

Housing Assistance

Lawrence-Douglas County Housing Authority:

(785) 842-8110 | 1600 Haskell Avenue, Lawrence, KS | <https://www.ldcha.org/>

A joint agency of the City and County governments with a mission to provide safe and affordable housing to Douglas County residents with incomes below 80 % median income.

Resident Services Office:

(785) 842-1533 | 1600 Haskell Avenue, #187, Lawrence, KS

<https://www.ldcha.org/resident-services>

Services provided to those living in Public Housing or Section 8 housing, including employment and education assistance, crisis intervention, youth programming, Internet access, budget counseling, self-sufficiency, home ownership program and more.

Lawrence Family Promise:

(785) 764-9506 | <http://lawrencefamilypromise.org/>

Providing counseling and assistance for families with shelter/housing, and household goods.

Lawrence Community Housing Trust (Formerly Tenants to Homeowners, Inc.):

(785) 842-5494 | 2518 Ridge Court, Suite 103, Lawrence, KS

http://rhvc.galaxydigital.com/agency/detail/?agency_id=19613

Provides first time homebuyer counseling, affordable, accessible and energy efficient home-ownership opportunities, and low-cost rental housing to those with low and moderate incomes.



Legal Assistance

Legal Aid of Douglas County:

(785) 864-5564 | 1535 West 15th Street, #105, (KU Campus) Lawrence, KS

https://lawrenceks.org/attorney/legal_aid/

Call to make an appointment. Free legal services to Douglas County residents who qualify, including: domestic relations (divorce, child custody), landlord/tenant relations and court-appointed juvenile and misdemeanor matters.

Kansas Legal Services:

(800) 723-6953 | <http://kansaslegalservices.org/GetHelp>

Kansas Legal Services provides civil legal advice and representation at no cost or at reduced fees to income eligible individuals. Call to see if you qualify.

DRC (Disabilities Rights Center of Kansas):

(877) 776-1541 | 214 SW 6th Ave., Suite 100, Topeka, KS | www.drckansas.org

Legal advocacy agency empowered by federal law to advocate for the civil and legal rights of Kansans with disabilities.

Government Services

Social Security Administration:

(866) 698-2561 | 1440 Wakarusa Drive, Suite 200, Lawrence, KS | www.ssa.gov//

DCF/ Department for Children & Families:

(785) 832-3700 | 1901 Delaware St., Lawrence, KS | <http://www.dcf.ks.gov>

Child support services, Economic and Employment services, Prevention and Protection services & Rehabilitation services.

Kansas Dept. of Health & Environment:

(785) 296-3253 | Curtis State Office Building, 1000 SW Jackson, Ste. 120, Topeka, KS

<http://www.kdheks.gov/>

Hours: 8am-4pm

Obtain copy of **Birth Certificates** for \$15 + \$11 Shipping, by phone with credit card or in person

Kansas Dept. Motor Vehicles:

(785) 843-9593 | 1035 North 3rd St., Suite 122, Lawrence, KS 66044

<https://www.ksrevenue.org/dovindex.html>

Hours: Tuesday-Friday 7am -5:45pm (closed lunch)

Driver's License, I.D. Cards, CDL License, *call for payment options



Utilities Assistance Programs

Low-Income Housing Energy Assistance Program (LIHEAP):

Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

Application cycle: January– March. For questions call: (800) 432-0043.

Applications by Online/Mail/Fax ; LIHEAP, PO Box 175001, Kansas City, KS, FAX [866-652-0715](tel:866-652-0715)

Application: <http://www.dcf.ks.gov/services/ees/Pages/Energy/EnergyAssistance.aspx>

Warm Hearts, (Black Hill Energy customers):

<https://www.warmheartsofdouglascounty.com/apply>

January 1st until funds are gone, provides financial assistance for Heating. \$300 Max gas, \$400 propane/wood heating Max. \$300 electrical Max. Applications are available at the Salvation Army of Douglas County, ECKAN, The Ballard Center, The Senior Resource Center for Douglas County, and Catholic Charities Lawrence Emergency Assistance Center.

Project Deserve, (Westar Electricity customers):

<https://www.westarenergy.com/project-deserve-assistance>

Emergency assistance paying energy costs for people with a severe disability (children or adults meeting Social Security disability criteria), older adults (people 65 years or older) and income-eligible households. For information and questions call Westar Energy: (800)383-1183.

Application: Westar Energy at (800) 383-1183 or the American Red Cross at (316) 219-4000

Kansas Heat Share (Operated by Salvation Army Kansas & Western Missouri):

<http://www.kcc.state.ks.us/public-affairs-and-consumer-protection/utility-weatherization-related-assistance-programs-in-northeast-kansas>

This assistance program provides *cash grants* and *payments* that can be used towards paying heating bills and repairs for air conditioning and assistance can go towards paying natural gas, propane, electricity, heating fuel oil or wood bills throughout the state of Kansas. The elderly and disabled are given priority where funds are limited when applying for aid. Call (800) 336-4547 for more information.

Weatherization Assistance Programs:

<http://www.kshousingcorp.org/weatherization.aspx>

Free to qualified homeowners and renters. The programs were created primarily to help lower and moderate-income households save on their energy, utility, and heating bills. On average, weatherization programs will **reduce heating bills by almost 35%** and the program will lower overall energy bills by about **\$400 per year**. *The program is funded by grants from the federal government. Call [1-800-752-4422](tel:1-800-752-4422) for more details.*

Atmos Energy, Inc. / Share the Warmth Program (Atmos Energy Customers ONLY):

<http://www.kcc.state.ks.us/public-affairs-and-consumer-protection/utility-weatherization-related-assistance-programs-in-northeast-kansas>

(877) 566-2769 ext. 402



City of Lawrence Housing Programs:

The City of Lawrence offers the following grant and loan programs for low-income homeowners (https://lawrenceks.org/pds/housing_programs/):

- 1) Comprehensive Housing Rehabilitation** – This program provides deferred or installment loans to income eligible homeowners to borrow up to \$25,000 to have necessary housing rehabilitation completed. For additional information contact Tony Hoch at 785-832-3113 or Jessica Roberts at 785-832-3114.
- 2) Emergency & Furnace Loans**- the City offers an emergency loan program that can provide up to \$5,000 for emergency repairs or furnace replacement. Mobile home owners may access up to \$2,500. Applications at Development Services Office and online at <http://www.lawrenceks.org/planning/DevServices/EmergencyLoan.pdf>
- 3) Weatherization Grants** – beginning August 1, 2013 to apply for the program through City of Lawrence.
- 4) First Time Homebuyer Assistance Program**, The City of Lawrence’s First Time Homebuyer Assistance Program is funded under the City’s annual allocation of HOME funds from HUD. The program provides financial assistance to low and moderate-income households in the purchase of their first home. Assistance is available to qualified Lawrence homebuyers in the form of a 0% deferred loan forgiven in five years for up to 3% of the home’s purchase price to assist with down payment and closing costs. Contact Ana Camargo at 978-620-3531.
acamargo@cityoflawrence.com
- 5) Emergency Program for the Elderly and Disabled**, This Program is offered to low and moderate-income elderly and disabled homeowners throughout the City of Lawrence who have deferred maintenance needs that have not been addressed because of limited income. If these problems are left unattended, the repair costs increase, and if it’s a multi-family home the owner is at risk of losing tenants. Contact Elineth More at 978-620-3522.
emore@Cityoflawrence.com

Holiday Programs

Douglas County Holiday Bureau (operated by the Ballard Community Center):

(785) 842-0729 | 708 Elm St., Lawrence, KS | <https://www.ballardcenter.org/>

Holiday Gift giving program for low-income children of Douglas County. Applications will be taken the beginning of November at participating agencies. Required to have Proof of Douglas County Residency.

ECKAN Christmas Bureau

(785) 841-3357 | 2518 Ridge Court, Lawrence, KS | Email: lokwuone@eckan.org

The ECKAN Christmas Bureau is a program for individuals and families who are in need of assistance during the Christmas holiday. For more information call or email Lillie Okwuone.

Toys for Tots/Blue Santa:

Holiday Gift giving program for the children. Location and contact information changes each year for Douglas County. For more information visit: <https://lawrence-ks.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>



Thanksgiving & Christmas Food Baskets:

(785) 856-7030 | 1000 E. 11th St., Lawrence, KS 66046

Inquire at [Just Food](#) for applications during October.

School Supplies

Back 2 School Supplies Program (Operated by Salvation Army & ECKAN):

www.facebook.com/salvationarmylawrence

Sign-ups happen for 3-weeks in early June, and supplies are distributed in early August. To sign-up, visit either the Salvation Army (946 New Hampshire St., Lawrence, KS) or ECKAN (2518 Ridge Court #104, Lawrence, KS). Students who receive free or reduced school lunches qualify for the program. School supplies and backpacks are provided for K-12 students, and shoes are additionally provided for K-8 students.

Native American Student Services (Operated under Lawrence USD 497 school district):

(785) 330-1814 | 2145 Louisiana St., Lawrence, KS | <https://www.usd497.org/nass>

Free school supplies for students enrolled in the Native American Student Services program. Call or visit the website for more information.

Summer Breakfast & Lunch Program

Schools Summer Food Programs:

(785)-832-5000 | <https://www.usd497.org/domain/7947>

June – August, Summer food program supplying meals to children 18 & under FREE and Adults \$3.35/meal at the local Elementary, Middle and High Schools in Lawrence, KS. Please call for available locations and hours or visit website.

Additional Food Programs

CSFP, Commodities Supplemental Food Program:

<https://www.harvesters.org/Agencies/Harvesters-Programs/Government-Assistance-Programs>

Monthly program for adults age 60 and over and mothers NOT receiving WIC assistance. Clients can sign-up at with Harvesters (785) 861-7700.

Information & Internet Access

Lawrence Public Library:

(785) 843-3833 | 707 Vermont St., Lawrence, KS 66044 | <https://lplks.org/>

Books, periodicals, DVDs, music CDs, computer and internet access, and a wide variety of information and resources.

Lawrence Emergency Resources:

<http://m.ljworld.com/kansas/lawrence/maps/emergency-resources/>

United Way of Douglas County:

<http://www.unitedwaydgco.org/our-work>



Kansas City Community Resources

United Way Johnson County:

<http://www.jocouw.org>

Familywize, the smart way to save on prescriptions – United Way Johnson County

<http://www.jocouw.org/familywize/>



Section 11

Community Activity Resources for Children and Families

Check websites for new and current information about activities and resources available

Lawrence Kids Calendar

[Http://www.facebook.com/lawrencekidscalendar](http://www.facebook.com/lawrencekidscalendar)
<http://lawrencekids.net/>

Lawrence Kids

[Https://www.facebook.com/lawrencekids](https://www.facebook.com/lawrencekids)
<http://www.lawrencekidsmagazine.com>

Lawrence Public Library — Look for links to the Children’s Room and Teen Zone

<https://www.facebook.com/lawrencepubliclibrary>
<Http://lawrence.lib.ks.us/>

Lawrence Arts Center — Financial Aid available for classes for those who qualify

<https://www.facebook.com/lawrenceartscenter/>
<Https://lawrenceartscenter.org>

Lawrence Parks and Rec

<Https://lawrenceks.org/lprd/>

Activities Guide

Gymnastics open gym

Nature Center

Lawrence.com

<Http://www.lawrence.com/>

Downtown Lawrence

<Http://www.downtownlawrence.com/>

Sunrise Project

<Http://www.sunriseprojectks.org/>

Plymouth Language Program

<Http://www.plymouthlanguage.org/fjvzwwew5xq9o0pjmgb582dftxcl7>

Provides free English courses

Crown Kids Fishing Club — (all gear is provided)

<Http://www.facebook.com/crownfishingclub/>



Kansas City

33 free things to do in Kansas City

<https://www.visitkc.com/visitors/things-do/33-free#sm.00078cqc713lkff4won284idbtjn3>

KC Parent

<http://www.kcparent.com/Going-Places/index.php/cp/2/si/20/>

Kids Eat Free

<http://www.kcparent.com/Directories/Kids-Eat-Free-Guide/>



Section 12

Childcare & Child Development Resources

Childcare Resources

Childcare Aware — Kansas Department of Health and Environment:

Phone: (785) 823-3343 | Toll Free: (855) 750-3343 | Resource Center (877) 678-2548

<http://www.ks.childcareaware.org>

Child Care Aware of Kansas is the administrator of the statewide Child Care Resource and Referral (CCR&R) network in Kansas. You can search for a licensed childcare facility and inspection results through the website as well as find information about your local Child Care Resource and Referral center.

More information about Child Care Aware can be found through the Kansas Department of Health and Environment: <http://www.kdheks.gov/bcclr/capp.htm>

KC Parent Summer Camp Guide:

<http://www.kcparent.com/Camps/index.php/>

City of Lawrence Youth Camps:

<https://lawrenceks.org/lprd/camps/>

Child Development Resources

Head Start & Early Head Start:

(785) 242-5841 ex. 7400 | <https://eclkc.ohs.acf.hhs.gov/how-apply>

Contact info for a Head Start Program Near You: <http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>

Head Start and Early Head Start programs provide free learning and development services to children ages birth to 5 from low-income families. Early Head Start and Head Start welcome children with disabilities. Some Early Head Start programs also provide prenatal services for pregnant women.

Ballard Center:

(785) 842-0729 | 708 Elm St., Lawrence, KS 66044

<https://www.ballardcenter.org/elizabeth-ballard-community-center/>

Ballard's Early Childhood Program is committed to providing affordable quality education for children ages two through five in a daycare setting. You can schedule a tour of the building by calling the Education Program Director at (785) 842-0729.



Hilltop Child Development Center:

(785) 864-4940 | 1652 Ousdahl Road, Lawrence, KS (Located on University of Kansas Campus)
<http://hilltop.ku.edu>

Student-friendly services: sliding fee schedule, scholarship fee subsidies, priority to student families on the waiting list and optional care for periods when KU classes are not in session.

Positive Bright Start (formerly Douglas County Child Development Association):

(785) 842-9679 | 1900 Delaware St., Lawrence, KS | <https://www.positivebrightstart.org/>

Positive Bright Start supports the development and well-being of young children and their families, providing proactive, integrated, trauma sensitive practices to foster life-long success. Positive Bright Start Preschool serves children 2.5-5 years.

Lawrence Public Schools Early Childhood Pre-K Program:

(785) 832-5760 | <https://www.usd497.org/Page/1185>

For specific requirements and qualifications, visit website or call.

Parents as Teachers:

(785) 832-5680 | 2145 Louisiana St., Lawrence, KS (Inside Centennial Adult Education Center)
<https://www.usd497.org/parentsasteachers>

Parents as Teachers is a free early childhood education program available to anyone who is pregnant or has a child under the age of 3 and lives within the USD 497 school district. They offer personalized visits, screenings (child development, hearing, vision, and health), group connections, and resource connections for families.

Community Children’s Center:

(785) 842-0550 | 925 Vermont St. Lawrence, KS | <https://www.communitychildrenks.org/>
Promotes Healthy development for children 3-5 years.

Douglas County Success By 6:

<Http://www.douglascountysuccessby6.org/>

Child Development Resources – Special Needs

Tiny-K Early Intervention:

(785) 330-2323 | 1430 Haskell Ave., Lawrence, KS | <https://www.usd497.org/tiny-k>

Tiny-K is a non-profit organization providing FREE developmental support and services to children. Whether a child has a disability or simply needs a little help in a developmental area (language, motor, social), the licensed team of tiny-k educators and therapists work with families to build a unique success plan for every child. Tiny-k Early Intervention of Douglas County provides physical therapy, speech therapy, occupational therapy, special instruction, feeding and nutrition, and social work.



Lawrence Early Childhood Special Education Services:

(785) 330-4426 (Call to schedule a screening) | <https://www.usd497.org/Page/1186>

Lawrence Early Childhood Special Education Services provides free monthly developmental screenings for children ages 3-5, center-based services in an inclusive early childhood preschool at Kennedy Elementary, community-based services providing individualized instruction to children in their community learning environment (at home, preschool, child care center), and all services utilize a transdisciplinary team approach to stimulate growth and learning. They also offer Early Childhood Special Education, Speech-Language Pathology, Occupational Therapy, Physical Therapy, Social Work, School Psychology, and School Health services.

KU Schiefelbusch Speech Language Hearing Clinic:

(785) 864-4690 | 2101 Haworth Hall, 1200 Sunnyside Ave., Lawrence, KS 66045 | <https://splhclinic.ku.edu/>

The Schiefelbusch Speech-Language-Hearing Clinic students and faculty provide both assessment and intervention services to people of all ages who have communication challenges. Services are provided in a variety of settings, including individual clinic, community and home, and include speech-language assessment, speech-language therapy, the Language Acquisition Preschool, and the Pardee Augmentative and Alternative Communication Laboratory.

Families Together:

Topeka Center Phone: (785) 233-4787 | Statewide Spanish Parent Line: (800) 499-9443
Locations in Topeka, Wichita, and Garden City | [Http://famielstogetherinc.org/](http://famielstogetherinc.org/)

Families Together, Inc. is the [Kansas Parent Training and Information \(PTI\)](#) & [Family-to-Family Health Information \(F2F\)](#) Center. It is a non-profit organization that provides support and information for families of children, from birth to age 26, with disabilities and/or special health care needs. Programs are offered at no cost to families, and are available in English and Spanish.

Kansas Youth Empowerment Academy:

(785) 215-6655 | 517 SW 37th St, Suite B, Topeka, Kansas | [Http://www.kyea.org/](http://www.kyea.org/)

The Kansas Youth Empowerment Academy educates, mentors, and supports youth with disabilities in Kansas to be contributing members of their community.

Midnight Farms:

(785) 979-1889 | 2084-B N. 600 Road, Baldwin City, KS 66006 | <https://www.midnight-farm.org/>

Midnight Farm offers a therapeutic riding program for children and adults with special needs served by CLO, a greenhouse, gardens, small animal petting opportunities, handicapped-accessible trails through the woods, and many possibilities for parties and special events.



Section 13

Words of Advice & Encouragement

Information retrieved from The Complete Single Mother by Andrea Engber and Leah Klungness, Ph.D

Balancing your roles as a student and a parent can feel overwhelming. Relying on a schedule can help you manage your workload. Review your schedule and your child’s routines to determine scheduling options. Keep a calendar and list of phone numbers of “backups” for childcare purposes. Connect with other student-parents to share or exchange child care.

Reach out to others and utilize your networks. Network with other parents through a support group, day-care center, child’s school, or other University organizations.

“You are setting a priceless example for your children as they watch you organize your time effectively, study for exams, research topics for your homework assignments, and –most importantly of all– set goals and achieve them” (p. 376).

- The life experiences you bring to the classroom are invaluable for classroom discussion and preparedness.
- By using campus services and support, you are much more likely to stay in school and graduate.

Tips for doing your best in school:

1. Keep the vision of your goals in front of you. How will you know when you’ve achieved your goals?
2. Share your vision with others.
3. Write down your long-term goals and make short-term goals.
4. Plan on paper. This will serve as a daily visual reminder.
5. Manage stress by finishing assignments as you receive them.
6. Go to Professor’s office hours and ask questions.
7. Use campus services— get academic support if you need it.
8. Join a campus organization or student group.

Treat yourself from time to time.

You’re a student-parent with many responsibilities and you deserve recognition!



Section 14

Parenting Groups at KU



Feminist Parenting



The purpose of our Feminist Parenting group is to support student-, staff-, and faculty-parents as well as other interested individuals in exploring strategies for raising intersectional feminist children.

We seek to empower parents and caregivers to raise children who challenge gender stereotypes and systems of oppression; support equity and social justice; show compassion for themselves and others; respect diversity and difference; and live authentically with vulnerability and empathy. At each session, participants will learn of at least one new skill or resource useful for nurturing intersectional feminist youth.

www.facebook.com/groups/feministparenting



Hawks with Hawklets



A group for students who have children. A place where we can come together, get advice from one another, learn how others are managing school with children, and have fun!

We are inclusive and welcome biological, adoptive, foster parents, expecting parents and legal guardians!

www.facebook.com/hawkswithhawklets



The Emily Taylor Center for Women and Gender Equity

OUR PURPOSE

Approaching our work from a social justice lens, we practice intersectional trans-inclusive FEMINISM to challenge the status quo and promote GENDER EQUITY by raising awareness of important issues related to gender and sexism, providing opportunities to translate awareness into action, and empowering individuals to advocate for themselves and others. We aim to INFORM, INVOLVE, and EMPOWER members of the KU community.

It is critical to understand gender and sexism — as they intersect with other identities and systems of oppression — because they influence everyone's experiences, choices, opportunities, access to resources, and outcomes. The Emily Taylor Center for Women & Gender Equity (ETC) is here to confront sexism and advance gender equity. With this purpose in mind, the ETC provides education, involvement opportunities, and tools to combat stereotypical notions of gender and barriers that inhibit students' academic success, persistence to graduation, and ability to thrive in the workplace. Find out more about our programs and services below.

OUR MISSION

The mission of the Emily Taylor Center for Women & Gender Equity (ETC) at the University of Kansas is to provide leadership and advocacy in promoting gender equity and challenge gender-related barriers which impede full access, inclusion, and success. Approaching our work from a social justice lens, we practice intersectional trans-inclusive feminism to promote gender equity by raising awareness of critical issues related to gender and sexism, providing opportunities to translate awareness into action, and empowering individuals to advocate for themselves and others.



The Emily Taylor Center for Women & Gender Equity

WHY FEMINISM?

At the Emily Taylor Center for Women & Gender Equity, we promote and practice feminism that aims to challenge sexism as it intersects with other systems of oppression (including racism, cis-heterosexism, and ableism, among others). Our feminism is trans-inclusive; we believe that people of all gender identities and expressions deserve the right to bodily autonomy, self-definition, respect, and safety. Our feminism is also male-inclusive; we work to address the ways patriarchy and toxic masculinity negatively affect men by promoting healthier models of feminist masculinity. Ultimately, our feminism strives to end the ideology of domination that characterizes our present society.

To learn more about the feminism we advocate and practice — and why it is for everyone — we recommend you read Black feminist scholar Bell Hooks' concise primer, *Feminism Is For Everybody: Passionate Politics*. The full text is available online at <http://bit.ly/FeminismsForEverybody>.

WHO MAY USE THE ETC?

The ETC provides services, assistance, advocacy and support to campus community members of all gender identities. We also provide consultation, information, and resources to Edwards and KUMC campus members, parents of KU students, and the Lawrence community by request. Appointments are recommended, but not necessary. In situations involving discrimination and violations of Title IX, ETC staff report information to campus authorities. ETC programs and facilities are also accessible to individuals with disabilities. For those requesting accommodations, please contact emilytaylorcenter@ku.edu

