

Pregnancy and Parenting Support and Services

Children's National Medical Center

(202) 476-5794

<http://childrensnational.org/advocacy-and-outreach/in-the-community/other-community-programs/healthy-generations>

The Healthy Generations Program, run through Children's National Medical Center, is one of only a handful of comprehensive "teen-tot" programs in the United States designed to provide primary health care for adolescent parents (up to 19 years old) and their children. The program currently serves more than 500 families in the Washington, D.C. area. The program accepts parents age 18 (or younger) and their children and parents age 19 (or younger), who have children with special needs.

Children Receive:

- Well-child physical examinations
- Immunizations
- Developmental assessments
- Care during illnesses

Parents Receive:

- Physical examinations
- Gynecologic care
- Birth control/family planning
- Psychosocial and parenting support

Department of Health Care Finance Pregnancy Resources

(202) 442-5988

<http://dhcf.dc.gov/page/pregnancy-resources>

The Department of Health Care Finance Pregnancy Resource's website provides a comprehensive list of resources for pregnant women, D.C. caseworkers, and providers of services for pregnant women. Topics include health insurance, family planning, prenatal care, nutrition, and food assistance. The website also provides information on D.C. community resources, including services related to behavioral and emotional health, postpartum care, newborn care, breastfeeding, and baby safety. Information is also available regarding programs for fathers.

Capitol Hill Pregnancy Center

(202) 546-1018

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

Capitol Hill Pregnancy Center is a faith-based organization offering help and support to women, men, and families who are in a crisis pregnancy. All services are free and confidential. The Center offers free pregnancy testing, ongoing pregnancy support (counseling and mentoring), childbirth classes, parenting classes, maternity and baby clothing and supplies, and medical, legal, adoption, and housing referrals.

Mary's Center

(202) 483-8196

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

Mary's Center's Maternal, Child Care, and Home Visiting program also known as Healthy Start Healthy Families (HSHF), provides intensive, long-term home visitation services to pregnant and post-partum women and their families. HSHF demonstrates a combined effort of the Healthy Families America home visiting model – a national movement to prevent child abuse and neglect – and the Federal Healthy Start program, an initiative to reduce infant mortality. An interdisciplinary team of outreach workers, assessment workers, family support workers, registered nurses, in-home mental health providers and education specialists ensure participants receive quality, comprehensive medical care and support services along with education and advocacy services.

The Northwest Center

(202) 483-7008

www.northwestcenter.net

The Northwest Center's Pregnancy Center is a community outreach program that provides free, confidential services, including pregnancy testing, options counseling, health education, and material assistance. In addition, counselors can make referrals in the following areas: prenatal care, medical care, adoption, domestic violence, legal services, housing, educational opportunities, and job training. The Northwest Center also runs a Maternity Home, which provides transitional housing for pregnant women ages 18-30. The Maternity Home program offers life skills training, case management services, access to health care, assistance with referrals for day care or other community-based agencies, and development of interpersonal communication skills.

Adoptions Together

(301) 439-2900 or (800) 439-0233 (hotline)

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

Adoptions Together provides free counseling services to women and couples who need help weighing their options regarding pregnancy. Adoptions Together offers counseling through a 24/7 hotline and provides support and guidance to help birth parents make the best decision for their child. Adoptions Together also offers community resources if the birth parent decides to become a parent.

New Heights Teen Parent Program

<http://dcps.dc.gov/node/1179570>

New Heights Teen Parent Program is a school-based program located in 13 schools in D.C. The program provides pregnant and parenting teens – mothers and fathers – enrolled in D.C. Public Schools with assistance aimed at helping students remain in school and graduate from high school. Students participating in the program work with staff to develop strengths-based solutions to challenges, receive

supportive case management services, and have access to educational workshops. New Heights participants may also be eligible for educational, employment, housing, and support services until their 20th birthday. In order to connect to the program, you should contact one of the 13 schools that offers the program. The schools and the telephone number to their respective New Heights program is listed at the website above.

Teen Alliance for Prepared Parenting (TAPP)

(202) 877-0748 (ask for Elysia Jordan)

<http://www.medstarwashington.org/our-services/womens-health/treatments/maternity-services/teen-alliance-for-prepared-planning/#q={}>

TAPP provides a full range of services that promote healthier living and improve the overall well-being of pregnant and parenting teens. Services include: prenatal/post-partum clinical care; prenatal education; parenting education; family planning services; individual and group counseling; referral services such as adoption, mental health and medical insurance; training in communication, conflict resolution and other life-management skills; fatherhood counseling; coaching, and job referrals. Adolescents who are pregnant and age 18 or younger can enroll at any point during their pregnancy. Young fathers can enroll if they are expecting a child or have a child under age five. Adolescents may continue in the program until age 23.

Latin American Youth Center (LAYC)

(202) 713-9038 (Rachael Stinson)

(202) 630-9788 (Angela Townsend)

(202) 768-8017 (Kelsey Norton)

<http://www.layc-dc.org/our-programs/health-wellness/young-parents/>

The Young Parent's Program at LAYC provides young parents (ages 11 to 24) with the opportunity to learn about the responsibilities of being a parent. Participants in the program work closely with a parent educator at interactive workshops and also work individually with a case manager to establish personal and family goals. Classes in the Prenatal series include fetal development, prenatal nutrition, labor and delivery, relaxation, preparing for the baby, basic infant care, and sleeping and soothing for newborns. Classes in the Parenting series include child development, positive discipline, child safety, stress management, family planning, health relationships, and effective communication.

Planned Parenthood

(202) 457-8500; 202-347-8512 (D.C.) 301-241-0590 (Suitland)

<http://www.plannedparenthood.org/ppmw/>

Planned Parenthood provides gynecological examinations, emergency contraception, birth control, pregnancy testing and counseling, STD testing and treatment, HIV testing and counseling, and family medical care. Planned Parenthood's website also provides detailed information on all forms of birth control, including an interactive questionnaire that helps the participant to identify birth control methods that are right for them. (<http://www.plannedparenthood.org/health-topics/birth-control-4211.htm>).

Healthy Babies Project

(202) 396-2809

www.healthybabiesproject.org

Healthy Babies Project offers several services aimed at helping at-risk D.C. families have healthy babies. The Teen Parent Empowerment Program (TPEP) provides health education and services to young adults ages 13-21. These services are aimed at helping young adults become responsible parents, preventing repeat pregnancies, assisting young adults in completing high school or GED programs, and moving families out of the cycle of poverty. "TPEP The Remix" is an extension of the TPEP program, which offers TPEP graduates continued support, services and resources in a variety of areas, with a primary focus on parenting, mother and infant health, baby care, and education around safe sex and financial issues. Healthy Babies Project also offers home visiting and support programs; "Developing Dads," a weekly support and counseling program for men; and "Confident Parenting," a parenting skill-building program for parents of African-American children.

Borromeo Housing, Inc.

(703) 841-0139

<http://borromeohousing.org>

Borromeo Housing, Inc. (BHI) aims to empower young single mothers to create a self-sustaining future through education, counseling, and support. BHI offers a residential program and an infant care supply bank, which is accessible to both residents and non-residents of the program. BHI's supply bank provides diapers, car seats, clothing, and other infant care supplies, free of cost.

The Family Place

(202) 265-0149

www.thefamilyplacedc.org

The Family Place offers prenatal classes, covering topics such as breastfeeding, nutrition, birth/delivery, and post-partum depression. Participants will also be able to participate in the infant component of the program through their child's first year of life. Infant classes cover topics such as healthy eating habits, the importance of play, and hygiene. The Family Place also offers a range of parenting classes and a family literacy program, as well as an educational home visiting program for children ages 3 to 5.

Department of Health Safe Sleep Program

(202) 442-9374 or 1-800-666-2229

<https://dchealth.dc.gov/node/111172>

The Safe Sleep Program aims to reduce infant mortality and the likelihood of Sudden Unexplained Infant Death (SUID), suffocation, and roll over deaths in infants. After providing education to caregivers about healthy sleep environments for infants, the program provides parents with a safety approved Pack'N'Play.

DC Diaper Bank

www.dcdiaperbank.org

DC Diaper Bank provides diapers to social service organizations that are already helping families in need. The connected social service organizations are then able to provide those diapers to their clients. Social service organizations connected with the DC Diaper Bank include, among others, Bright Beginnings, Community of Hope, District Alliance for Safe Housing, Horton's Kids, Latin American Youth Center, Little Lights Urban Ministries, Mary's Center, and Northwest Center.

ChooseMyPlate.gov Health and Nutrition Information

<http://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

The ChooseMyPlate.gov website provides helpful information on the special nutritional needs of pregnant and breastfeeding women. Women can also use the website to plan out a daily food plan.

text4baby

<https://text4baby.org>

text4baby allows expectant women to sign-up for free, critically timed text messages that provide health care tips about their growing baby, up to one year of age. Women can text "BABY" (or "BEBE" for Spanish) to 511411 to receive three free text messages a week addressing topics such as labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, and more. Text STOP to discontinue messages or HELP for help at any time.

Other Resources

- ◆ [Guide](#): Prenatal Care
- ◆ [Guide](#): Eating Well During Pregnancy
- ◆ [Fact Sheet](#): Medicine and Pregnancy
- ◆ [Article](#): Benefits and Risks of Psychiatric Medications During Pregnancy

IMPORTANT NOTE: Although CLC strives to provide accurate information to clients and providers regarding psychotropic medication during pregnancy or breastfeeding, the information provided is no substitute for a patient sitting down with her doctor and discussing the risks and side effects of taking any medication during pregnancy. We **strongly encourage** people to consult with their healthcare providers regarding any psychotropic medication during pregnancy or breastfeeding.

Adoption Resources

Adoptions Together

(202) 526-4802 or (800) 439-0233 (hotline)

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

Adoptions Together provides free counseling services to women and couples who need help weighing their options regarding pregnancy. Adoptions Together offers counseling via a 24/7 hotline and provides support and guidance to help birth parents make the best decision for their child. Adoptions Together also offers community resources if the birth parent decides to become a parent.

Newborn Safe Haven Project

(202) 442-6100

<http://cfsa.dc.gov/service/safe-havens-newborns>

The Newborn Safe Haven Project allows any D.C. resident who is a parent of a newborn less than 14 days old to surrender the infant to workers at any hospital in D.C., all of which are designated safe havens. The surrendering parent does not have to provide their name. As long as there has not been actual abuse or neglect and the child is unharmed, the parent will not face any legal consequences. Residents who use the safe haven program give up their parental rights. Care of the infant is transferred to the Child and Family Services Agency (CFSA), who will place the child in a foster home while seeking adoption for the child. Additional information is at the above link including a [guide](#) with general information, and a [fact sheet](#).

Housing Resources for Teen Parents in Foster Care

Bright Futures Teen Mother Program

(202) 232-0648

<https://familymattersdc.org/services/youth-and-family/bright-futures-teen-mother-independent-living/>

Bright Futures Teen Mother Program is offered through Family Matters of Greater Washington. Bright Futures provides a nurturing environment in which up to 14 young women can live and care for their children, while working with supportive staff 24 hours a day to gain the vital skills needed to raise a family. The staff at Bright Futures serves as mentors, links women to quality daycare providers, and offers educational opportunities, vocational and lifestyle training, and health care and housing information. All Bright Futures residents are enrolled in high school or vocational training as well as parenting classes. All Bright Futures residents must be at least 16 years of age.

Catholic Charities of D.C.

(202) 772-4300 ext. 003

<http://www.catholiccharitiesdc.org/TeenParent>

Catholic Charities of D.C. Teen Parent Program works with youth and their children to transition out of the foster care system into stable housing. Youth have the opportunity to secure their own apartment with support locating a home and paying the monthly rent. Youth and their children also receive case management, daily living skills training, and specialized parent training sessions.

The Elizabeth Ministry, Inc.

(202) 827-8854

www.theelizabethministry.org

Elizabeth Ministries works with about 25 young mothers currently in the child welfare system. The program seeks to provide affordable housing and comprehensive supports to pregnant and parenting teens close to aging out of the child welfare system. The 25 mothers are offered the chance to participate in a 5-year program aimed at developing and nurturing young women to become self-directed young adults. The program includes 6 key components: economic self-sufficiency, education and employment, psycho-social development, spirituality/religiosity, family/child development, and mentoring.

St. Ann's Center for Children, Youth and Families

(301) 559-5500

www.stanns.org

St. Ann's offers two transitional living programs for homeless and at-risk single women with children, who are wards of D.C., Faith House and Hope House. While residents of each receive services such as parenting support and financial management, Faith House offers a more independent setting, while Hope House provides 24-hour supervision and care. To be eligible for the programs, applicants must be willing to sign a rental agreement and commit to: paying rent based on a small percentage of income; maintaining employment; maintaining a safe, clean, and healthy home; being a good parent; and being a good neighbor. Staff will evaluate applicants based on need, willingness to participate in the program, and St. Ann's current ability to meet the applicant's needs.

Housing Resources for Teen Parents Not in Foster Care

Covenant House Washington

(202) 610-9600

<http://www.covenanthousedc.org>

Covenant House's Rights of Passage (ROP) program is a transitional living program for homeless or parenting youth, ages 19-24, and their children. The Supportive Housing Program (SHP) is a 13 unit apartment-based program that provides housing and support services for 7 families and 6 single, homeless young people with an identifiable disability. Both the ROP and SHP program also provide services, including skill assessments, educational and employment assistance, and access to a full-service child development center.

Sasha Bruce Youthwork Olaiya's Cradle Program

(202) 675-8371 or (202) 547-7777 (hotline)

<http://www.sashabruce.org/programs/safehomes/olaiyas-cradle/>

Sasha Bruce's Olaiya's Cradle Program offers supportive, independent living for homeless young mothers, ages 18-21, and their children, for up to 18 months. Women are self-referred and receive individual counseling, maternal and infant health care, life skills training, education and career guidance, child care support, and parenting training. Residents who graduate from the program also receive follow-up support and housing assistance to help them maintain stability.

St. Ann's Center for Children, Youth and Families

(301) 559-5500

www.stanns.org

St. Ann's Faith House offers transitional living programs for homeless and at-risk single women with children. Faith House is open to both teens who are wards of D.C. and those who are not. To be eligible for the program, applicants must be willing to sign a rental agreement and commit to: paying rent based on a small percentage of income; maintaining employment; maintaining a safe, clean, and healthy home; being a good parent; and being a good neighbor. Staff will evaluate applicants based on need, willingness to participate in the program, and St. Ann's current ability to meet the applicant's needs.

Borromeo Housing, Inc.

(703) 841-0139

<http://borromeohousing.org>

Borromeo Housing, Inc. (BHI) aims to empower young single mothers to create a self-sustaining future through education, counseling, and support. BHI offers a residential program for young women and their children. BHI provides nurturing support and a disciplined framework to young mothers and also monitors infants to ensure children are parented responsibly, receive appropriate medical care, and meet developmental benchmarks. While residents of Arlington County receive first priority in the residential program selection process, applicants do not have to be Arlington County residents.

The Northwest Center

(202) 483-7008

www.northwestcenter.net

The Northwest Center's Maternity Home provides transitional housing for pregnant women ages 18-30 for up to 18 months. The Maternity Home program also offers life skills training, case management services, access to health care, assistance with referrals for daycare or other community-based agencies, and development of interpersonal communication skills.

Latin American Youth Center (LAYC)

(202) 489-5121

<http://www.layc-dc.org/what-we-do/safe-housing/young-families/>

LAYC's Hope House is a nine-month transitional living program available to youth ages 18-24 who are single parents with one child. To be eligible, youth must be homeless or unstably housed and should be able to demonstrate that they have begun to build skills needed to live independently.

New Endeavors by Women

(202) 682-5825/ (202) 561-1010

Emergency Shelter Hotline: 1-800-535-7252

Nebw.org/programs

New Endeavors by Women (NEW) provides transitional and permanent supportive housing for unaccompanied women and women with children. Shelter Plus Care is an open-ended permanent supportive housing program that serves 10 women or families, many of whom have multiple disabling conditions that threaten their ability to remain in housing. New Horizons provides permanent supportive housing to 17 families of women and children, with specialized services for those recovering from domestic abuse.

Carrie Simon House

(202) 895-6303

<http://www.whctemple.org/faith-in-action/volunteer-at-whc/helping-our-children/carrie-simon-house>

The Carrie Simon House, operated by the Washington Hebrew Congregation, provides a safe and supportive home for homeless young women ages 18-25 and their babies. While residing at the house, residents must attend school, participate in job training or hold a job, perform assigned household chores, comply with a curfew and other rules, and meet regularly with a case manager.

Queen of Peace, Missionaries of Charity

(202) 562-6890

Queen of Peace, Missionaries of Charity provides housing for pregnant women and their children under the age of 3. Women are allowed to remain in the program until 6 weeks post-delivery of the infant. Applicants to the program must partake in an in-person interview. Women under the age of 18 must have parental consent.

Healthcare Resources for Young Families

Healthy Babies Project

(202) 396-2809

www.healthybabiesproject.org

Healthy Babies provides services, pregnancy support, and parenting support for at-risk D.C. women and families. Healthy Babies offers the following programs: Teen Parent Empowerment Home Visiting/Family Support, Developing Dads, and Confident Parenting. Healthy Babies also provides pregnancy testing, family planning counseling, risk assessment, case management, confidential family counseling, crisis intervention and management, mental health screenings and counseling, emergency services, and substance abuse screenings and referrals. In addition, Healthy Babies hosts family fun nights, runs a baby book-a-month program for expectant parents, makes referrals to onsite child development services, and creates individual care plans for enrolled families.

Mary's Center

(202) 483-8196

www.maryscenter.org

Mary's Center offers prenatal, pediatric, adolescent, and adult care. Mary's Center also provides dental care, mental health care, and WIC-related services. Mary's Center pediatric care serves children ages 12 and younger with complete well-baby and well-child care. In addition, Mary's Center emphasizes prevention and management of chronic conditions by immunizing all patients according to schedule.

Teen Alliance for Prepared Parenting (TAPP)

(202) 877-0748

<http://www.medstarwashington.org/our-services/womens-health/treatments/maternity-services/teen-alliance-for-prepared-planning/#q={}>

TAPP provides a full range of services that promote healthier living and improve the overall well-being of pregnant and parenting teens. Services include: prenatal/post-partum clinical care; prenatal education; parenting education; family planning services; individual and group counseling; referral services such as adoption, mental health and medical insurance, training in communication, conflict resolution and other life-management skills; and fatherhood counseling, coaching and job referrals. Adolescents who are pregnant and age 18 or younger can enroll at any point during their pregnancy. Young fathers can enroll if they are expecting a child or have a child under age five. Adolescents may continue in the program until age 23.

Children's National Medical Center Healthy Generations Program

(202) 476-5794

<http://childrensnational.org/advocacy-and-outreach/in-the-community/other-community-programs/healthy-generations>

The Healthy Generations Program at Children's National Medical Center is one of only a handful of comprehensive "teen-tot" programs in the United States designed to provide primary health care for adolescent parents (up to 19 years old) and their children. The program currently serves more than 500 families in the D.C. area. The program accepts parents age 18 (or younger) and their children and parents age 19 (or younger), who have children with special needs.

Children Receive:

- Care during illnesses
- Well-child physical examinations
- Immunizations
- Developmental assessments

Parents Receive:

- Gynecologic care
- Family planning services/ birth control
- Parenting education
- Physical examinations
- Psychosocial and parenting support

The Conway Health and Resource Center

(202) 540-9857 (medical) or (202) 540-9862 (dental)

www.communityofhopedc.org/healthcare

The Conway Health and Resource Center is located in Ward 8's Bellevue neighborhood and provides primary medical and dental care, including pediatric care, physicals, immunizations, prenatal care, and confidential youth services. The Center accepts Medicaid, Medicare, DC Alliance and other private insurance, but will provide services regardless of insurance status or ability to pay.

Community of Hope – Family Health and Birth Center

(202) 398-5520

<https://www.communityofhopedc.org/fhbc>

The Family Health and Birth Center (FHBC) offers a range of healthcare services for families, including birthing services, prenatal care, breastfeeding support and education, primary care for families, and pediatric care.

Other Resources

- [Brochure](#): Health Check / Chequeo de Salud
- [Guide](#): DCPS Health and Immunization Requirements
- [Fact Sheet](#): Infant Dental Care

Education Resources

Home and Hospital Instruction Program

Program Manager: (202) 939-3506

<http://dcps.dc.gov/service/home-and-hospital-instruction>

DCPS' Home/Hospital Instruction Program (HIP), formerly known as the Visiting Instruction Services (VIS) program, provides instruction and support to students whose education has been disrupted by physical disability and/or health impairment, including pregnancy and post-partum recovery, that results in confinement to their homes and/or hospitals for three weeks or more. The service must be requested by the student's school and certified by the student's physician. The goal of the program is to allow students to receive a continuous, individualized education program closely related to that of the student's local school. Necessary forms and contact information for the program manager, coordinators, and lead teacher can be found on the website.

Other Resources

- ◆ [Fact Sheet](#): Know Your Rights for Parenting / Pregnant Students
- ◆ [Fact Sheet](#): Pregnant and Parenting Students' Rights
- ◆ [Guide](#): Colleges' Duties to Parenting and Pregnant Students

Public Benefits

Combined Application for Benefits

<https://dhs.dc.gov/service/apply-benefits>

Applicants for benefits can use the Combined Application for Benefits in order to apply for Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP) and certain medical assistance. The application is available in [English](#), [Spanish](#), and [Amharic](#).

Temporary Assistance for Needy Families (TANF)

(202) 727-5355

<https://dhs.dc.gov/service/whats-new-tanf>

Starting in April 2018, D.C. made some adjustments its TANF program, including eliminating the 60-month time limit for receipt of TANF and focusing on education and employment programs. Applicants for TANF case use the Combined Application for Benefits. The link to the above Department of Human Services website includes a [fact sheet](#) on the program updates, a [fact sheet](#) on the new TANF requirements, and a [fact sheet](#) about cash assistance renewal.

Supplemental Nutrition Assistance Program (SNAP)

(202) 727-5355

<https://dhs.dc.gov/service/supplemental-nutrition-assistance-snap>

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, provides food assistance for individuals and families in need. Applicants can use the Combined Application for Benefits. Eligibility is based on household size and income. The link to the above Department of Human Services website includes a [fact sheet](#) about the SNAP program, a [fact sheet](#) about the SNAP employment and training program.

Women, Infants, and Children (WIC)

202-442-9397

<https://dchealth.dc.gov/service/wic-benefits>

Women, Infants, and Children (WIC) is a supplemental nutrition program for income-eligible mothers (including pregnant and post-partum), infants, and children (up to age 5). Services include nutrition counseling, breastfeeding resources and support, nutrient-rich foods, and referrals to health and social service providers. The Department of Health website provides a [list](#) of healthcare providers that provide WIC services to DC residents.

Child Care Resources in D.C. and Maryland

D.C. Child Care Services Division

(202) 727-0284

<http://dhs.dc.gov/service/child-care-services>

The subsidized child care program helps low-income families pay for their child care fees. The amount of the child care subsidy is based on an assessment of need, income, and family size. Limited walk-in visits for new applicants are available on a “first come, first serve” basis Monday, Tuesday, and Wednesday, from 8:15 – 3:30. All other applicants need to schedule an appointment. Parents/guardians can search for child care through <http://www.learnDC.org/childcarefinder>.

Residents of D.C. are also eligible to receive non-traditional child care subsidy payments through the Child Care Services Division. Non-Traditional Child Care is a service offered to parents whose work schedule is outside the standard hours of 7 A.M. to 6 P.M., Monday through Friday. Eligibility is based on the customer’s employment and/or training schedule. The parent/guardian must have original documentation that will verify their need for non-traditional child care based on a countable activity (school and/or work schedule). A listing of non-traditional child care providers who offer subsidized child care can be obtained by calling the Washington Child Development Council (WCDC), Resource and Referral Services at (202) 387-0002.

Maryland Family Network

410-659-7701; 877-261-0060

<http://www.marylandfamilynetwork.org/programs-services/locate/>

The Maryland Family Network (MFN) works to expand and enhance the early childhood education and child care services available in Maryland. Among other services, MFN helps parents find child care through MFN’s toll free number (877-261-0060). Parents looking for child care for children with special needs can call 800-999-0120.

Prince George’s County Department of Parks and Recreation

301-699-2255

<http://www.pgparcs.com/610/Child-Care-Programs>

Prince George’s County Department of Parks and Recreation offers various child-care programming at affordable prices. The programs are licensed by, and operate under, the guidelines of the Maryland State Department of Education Office of Child Care.

Prince George's Child Resource Center, Inc.

301-772-8420

<http://www.childresource.org/resources/>

Prince George's Child Resource Center provides referral services for parents to find licensed child care. The Center has special programs for teen parents, parents of children with special needs, and parents transitioning from public assistance to work.

Other Resources

- ◆ [Fact Sheet](#): DC Child Care Subsidy Program
- ◆ [Guide](#): Is This The Right Place For My Child?

Early Learning Resources

Division of Early Learning

(202) 727-6436

<http://osse.dc.gov/service/early-learning>

The Division of Early Learning (DEL), run by the Office of the State Superintendent of Education (OSSE), provides leadership and coordination to ensure that all D.C. children, from birth through entrance into kindergarten, have access to high quality early childhood development programs and are well-prepared for school. D.C. provides child care services to children ages 6 weeks to 12 years. Children with disabilities can receive services through age 18. D.C. also provides free pre-kindergarten programs and early identification and information services, including Strong Start D.C. Early Intervention Program, Early Stages, and Head Start. More information about these programs can be found on the OSSE website as well as through Learn DC at <http://www.learnDC.org/earlychildhood>.

The Family Place

(202) 265-0149

www.thefamilyplacedc.org

The Family Place offers the HIPPI Home Visiting Program, a 30-week home visit program for parents with children ages 3 to 5. The program follows a 30 week curriculum with weekly educational materials and activities provided to parents for use with their children. The program is offered completely in Spanish.

Other Resources

- ◆ Early Stages FAQ
 - [English](#), [Spanish](#), [French](#), [Chinese](#), [Vietnamese](#), [Amharic](#)
- ◆ Developmental Milestones
 - [English](#), [Spanish](#), [French](#), [Chinese](#), [Vietnamese](#), [Amharic](#)
- ◆ Social Emotional Milestones
 - [English](#), [Spanish](#), [French](#), [Chinese](#), [Vietnamese](#), [Amharic](#)

Custody and Child Support

Sample Pleadings

- ◆ [Sample Pleading](#): Complaint for Custody and/or Visitation
 - LawHelp Interactive has a website to assist individuals in filling out a complaint for custody, located [here](#).
- ◆ [Sample Pleading](#): Motion to Modify Custody and/or Visitation
 - LawHelp Interactive has a website to assist individuals in filling out a motion to modify custody, located [here](#).
- ◆ [Sample Pleading](#): Petition to Establish Paternity and/or for Child Support
- ◆ [Sample Pleading](#): Motion to Modify Child Support Order
- ◆ [Sample Pleading](#): Application to Proceed Without Prepayment of Costs, Fees, or Security (*In Forma Pauperis*)

Other Resources

- ◆ [Fact Sheet](#): Child Custody and Visitation in DC
- ◆ [Fact Sheet](#): Child Support in DC
- ◆ [Fact Sheet](#): Starting a Child Support Case in DC
- ◆ [Online Tool](#): Child Support Guideline Calculator
- ◆ [Information](#): Establishing Parentage and Paternity
- ◆ [Handbook](#): For People Who Represent Themselves In Divorce, Custody, and Child Support Cases
- ◆ [Handbook](#): For People Who Represent Themselves in Civil Cases
- ◆ [Information](#): DC Family Court Self-Help Center

Resources for Fathers

Concerned Black Men National

202-650-5647

<http://cbmnational.org/what-we-do-for-parents/>

Concerned Black Men National's Fatherhood Initiative aims to improve parenting practices through parenting skills training, education and job skills. Goals of the program include enhancing co-parenting among couples participating in the project, reducing father-partner conflict among couples completing the project, and helping parents achieve goals related to limited setting, discipline, parental efficacy, and family organization.

Healthy Babies Project

(202) 396-2809

<http://www.healthybabiesproject.org/services/>

Healthy Babies Project offers several services aimed at helping at-risk D.C. families have healthy babies. The Teen Parent Empowerment Program (TPEP) provides health education and services to young adults ages 13-21. These services are aimed at helping young adults become responsible parents, preventing repeat pregnancies, assisting young adults in completing high school or GED programs, and moving families out of the cycle of poverty. "TPEP The Remix" is an extension of the TPEP program, which offers TPEP graduates continued support, with a primary focus on safe sex and financial issues, and weekly "remix" meetings. Healthy Babies Project also offers home visiting and support programs; "Developing Dads," a weekly support and counseling program for men; and "Confident Parenting," a parenting skill-building program for parents of African-American children.

Mary's Center

(202) 483-8196; (202) 729-6825; (202) 420-0919

<http://www.maryscenter.org/course/father-child-program>

Mary's Center Father-Child Program is designed to help men with children ages pre-natal/infant to five, develop the attitude, knowledge, and skills to become involved in and connected to their children's lives. Father-Child has three main components: home visits, sports activities, and quarterly fatherhood outings. During home visits, fathers receive social support services, training, and advocacy services. Sports activities are designed to promote healthy habits and behaviors among fathers, while providing them with an outlet from the stress of their daily routine. Quarterly fatherhood outings are activities designed for the whole family that promote recreation, quality time, and family bonding.

Other Resources

- ◆ [Fact Sheet](#): The Unique Needs of Young Fathers
- ◆ [Guide](#): Sexual and Reproductive Health Needs of Young Men
- ◆ [Fact Sheet](#): Sexual and Reproductive Health Needs of Young Men

Paternity Testing

DNA Paternity Testing Centers

(866) 944-9546

www.dnapaternitytestingcenters.com

DNA Paternity Testing Centers has locations in D.C., Maryland, and Virginia. The cost for legally admissible testing starts at \$299.00. Standard results are provided in 3 to 5 business days, while expedited results are supplied in 2 to 3 business days. There are additional costs associated with testing for more than one child. Please call to confirm appointment times and to inquire about types of identification needed.

DNA Clinic

(800) 831-0178

www.strictlydna.com

The DNA Clinic has multiple locations throughout D.C., Maryland, and Virginia. The clinics offer both legal and informational paternity testing. Please call for information about locations, appointments, pricing, and types of identification required.

DNA Diagnostics Center

(800) 681-7162

<http://www.dnacenter.com/>

DNA Diagnostics Center has locations in D.C., Maryland, and Virginia. The clinics provide both legal and informational (home) paternity testing. Please call for specific information about locations, appointments, pricing, and result times.

DC Superior Court Paternity Testing Center

(202) 879-4612

www.dccourts.gov

D.C. Superior Court Paternity Testing Center provides legally admissible tests. The process and timing depend on the case type. For child support matters, a court order is required and results are mailed to parties within four to six weeks. For juvenile neglect matters, the putative parent's court-appointed attorney can submit a voucher to obtain free testing, and the results are mailed to the putative parent and his attorney within two to three days. For domestic relations matters, a party must request testing through the court, and the requesting party is responsible for the costs (\$300 for up to three persons; \$100 for each additional person). A judge can issue a waiver for testing at a reduced cost. Testing is also available for private purposes, without court involvement, starting at \$300 for up to three persons, and \$100 for each additional person. Please call to confirm appointment/walk-in times and to inquire about types of identification and payment needed. The D.C. Superior Court Paternity Testing Center is open Monday through Friday, from 10 a.m. to 3 p.m.