Prenatal and Infant Care Resource Directory
2019-2020

Free & low-cost services for healthy pregnancy and first year of life in Allen County, Indiana

HealthCareDirectory.org
Your pregnancy MUST be confirmed by a medical provider before you can apply for insurance or financial assistance!
Contact one of these agencies for free pregnancy testing, OR visit your family Physician or OB/GYN. Costs will vary.

A Hope Center
www.ahopecenter.org
3630 Hobson Rd. • Fort Wayne, IN 46815
260-422-3544
3701 S. Calhoun St., Suite C • Fort Wayne, IN 46807
260-969-HELP
13410 Main St. • Grabill, IN 46741
260-627-2242

Neighborhood Health Clinics
www.nhci.org
1717 S. Calhoun St. • Fort Wayne, IN 46802
3350 E. Paulding Rd. • Fort Wayne, IN 46816
260-458-2641

Women’s Care Center
www.womenscarecenter.org
419 E Wayne St. • Fort Wayne, IN 46802
260-483-8918 • Spanish: 260-420-8232
4600 W. Jefferson Blvd. • Fort Wayne, IN 46804
260-203-5476
921 W. Coliseum Blvd. • Fort Wayne, IN 46808
260-483-8918

Think You’re Pregnant? Free Pregnancy Testing

The St. Joseph Community Health Foundation believes that every person is precious, that people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person.

We are pleased to provide this quick and easy reference for these free and low-cost resources in the Allen County, Indiana area that enhance the life of each person and family.

Meg Distler, Executive Director
St. Joseph Community Health Foundation
A Ministry of the Poor Handmaids of Jesus Christ
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Several local agencies provide free and confidential counseling, support, education, medical assistance, and referrals to women and men facing pregnancies, planned and unplanned. These are great resources for new families seeking high quality, affordable or free care and assistance when preparing for the pregnancy and birth of a child.

The following agencies provide case management for clients. A case manager can help you develop an individualized plan to ensure a healthy pregnancy and birth. They will identify your unique needs and connect you to community resources and services.

<table>
<thead>
<tr>
<th>PREGNANCY RESOURCE CENTERS</th>
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<tbody>
<tr>
<td><strong>A Hope Center</strong></td>
</tr>
<tr>
<td><a href="http://www.AHopeCenter.org">www.AHopeCenter.org</a></td>
</tr>
<tr>
<td>See page 28</td>
</tr>
<tr>
<td>260-422-3544</td>
</tr>
<tr>
<td><strong>Catholic Charities (ECHO)</strong></td>
</tr>
<tr>
<td><a href="http://www.ccfwsb.org">www.ccfwsb.org</a></td>
</tr>
<tr>
<td>See pages 34</td>
</tr>
<tr>
<td>260-422-5625</td>
</tr>
<tr>
<td><strong>Healthier Moms &amp; Babies</strong></td>
</tr>
<tr>
<td><a href="http://www.HealthierMomsAndBabies.org">www.HealthierMomsAndBabies.org</a></td>
</tr>
<tr>
<td>See page 42</td>
</tr>
<tr>
<td>260-425-3348</td>
</tr>
<tr>
<td><strong>Lutheran Social Services of Indiana (ECHO)</strong></td>
</tr>
<tr>
<td><a href="http://www.lssin.org">www.lssin.org</a></td>
</tr>
<tr>
<td>See page 46</td>
</tr>
<tr>
<td>260-426-3347</td>
</tr>
<tr>
<td><strong>Women’s Care Center</strong></td>
</tr>
<tr>
<td><a href="http://www.WomensCareCenter.org">www.WomensCareCenter.org</a></td>
</tr>
<tr>
<td>See page 58</td>
</tr>
<tr>
<td>260-203-5476</td>
</tr>
<tr>
<td><strong>Women’s Health Link</strong></td>
</tr>
<tr>
<td><a href="http://www.WomensHealthLink.org">www.WomensHealthLink.org</a></td>
</tr>
<tr>
<td>See page 60</td>
</tr>
<tr>
<td>260-203-2365</td>
</tr>
</tbody>
</table>
Being healthy before, during, and after your pregnancy is vital to the birth of a healthy newborn and your health after delivery. Selecting a healthcare provider and attending all your appointments is crucial to you and your baby’s well-being.

Doctors can spot complications and treat them early when they see mothers and babies regularly from the beginning of pregnancy. Consistent care is essential to treatment and prevention of health problems throughout pregnancy and first year of life.

**Babies of mothers who do not get prenatal care are**

- 3 times more likely to have a low birth weight
- 5 times more likely to die than those born to mothers who do get care

*U.S. Department of Health and Human Services.*

**Government Insurance**

**Brightpoint - Covering Kids & Families - Enrollment Center**

- [www.CoverYourKids.org](http://www.CoverYourKids.org)
- **See page 32**
- 260-425-6640

**Neighborhood Health Clinics - Enrollment Center**

- [www.nhci.org/enrollment center/](http://www.nhci.org/enrollment center/)
- **See page 48**
- 260-458-2641

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**Prenatal and First Year Medical Providers**

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<thead>
<tr>
<th>Medical Provider</th>
<th>Website</th>
<th>See Page</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Dupont Hospital Pediatric Unit</td>
<td><a href="http://www.ThDupontHospital.com">www.ThDupontHospital.com</a></td>
<td>44</td>
<td>260-416-3040</td>
</tr>
<tr>
<td>Family Medicine Center</td>
<td><a href="http://www.fwmc.com">www.fwmc.com</a></td>
<td>40</td>
<td>260-423-2675</td>
</tr>
<tr>
<td>Lutheran Children’s Hospital</td>
<td><a href="http://www.LutheranHospital.com">www.LutheranHospital.com</a></td>
<td>44</td>
<td>260-435-2699</td>
</tr>
<tr>
<td>Parkview Children’s Hospital</td>
<td><a href="http://www.Parkview.com">www.Parkview.com</a></td>
<td>50</td>
<td>260-672-6100</td>
</tr>
<tr>
<td>Women’s Health Advantage OB-GYN</td>
<td><a href="http://www.HerAdvantage.com">www.HerAdvantage.com</a></td>
<td>60</td>
<td>260-432-4400</td>
</tr>
</tbody>
</table>
Need to Talk? Addiction, Depression, and Stress

Good mental health is important during pregnancy and for good parenting.

Having a baby and taking care of a newborn is a huge change in anyone’s life. Sometimes dealing with these new responsibilities can be stressful. Maintaining good mental health is a major part of having a successful pregnancy and adjusting to parenthood. The resources provided in this section will connect expecting mothers and new parents to providers focused on mental health and addiction that can help them have a successful outcome.

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Website</th>
<th>Phone Number</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowen Center</td>
<td><a href="http://www.BowenCenter.org">www.BowenCenter.org</a></td>
<td>800-342-5653</td>
<td></td>
</tr>
<tr>
<td>Look Up Indiana</td>
<td><a href="http://www.LookUpIndiana.org">www.LookUpIndiana.org</a></td>
<td>800-284-8439</td>
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</tr>
<tr>
<td>Monarch Program</td>
<td></td>
<td>260-425-3106</td>
<td></td>
</tr>
<tr>
<td>Park Center</td>
<td><a href="http://www.ParkCenter.org">www.ParkCenter.org</a></td>
<td>260-481-2700</td>
<td></td>
</tr>
</tbody>
</table>
The cost of having a baby can be overwhelming for new parents. The good news is there are resources in the community who have free supplies for your infant. Agencies throughout the area offer everything from formula, diapers, and clothing to free parenting and CPR training classes. Several of the agencies listed here have “earn while you learn” systems that give participants free coupons for supplies after attending parenting classes or receiving pregnancy wellness checkups.
These electronic resources cover many topics for expectant mothers and new parents. They include everything from mental health assistance to learning what to expect at each stage of pregnancy as well as classes in your community. Accessing online resources can provide an easier and faster route to useful information for pregnancy and first year of life.

### Apps

**Baby Bump Pregnancy Pro**
Has everything from a contraction timer to a handy birth planner.

**Count the Kicks**
Educating expectant parents about the importance of tracking baby movements during the third trimester of pregnancy

**I’m Expecting**
Has at least two new videos each week to show your baby’s development.

**Want More Info? Best Apps & Websites**

Get easy answers on your smartphone.

**My Pregnancy & Baby Today**
Includes baby development tracking, a contraction tracker, and a place to track baby’s first year to community forums.

**Ovia**
Includes personalized feedback based on your pregnancy stage, vital and daily statistics on your baby’s development, and even a due date calculator.

**Text 4 Baby**
www.Text4Baby.org
Text BABY or BEBE for Spanish. Weekly texts with helpful information on prenatal care, parenting and more.

### Websites

**Babies Love**
www.BabiesLove.org
Fort Wayne resources for pregnant women and new moms.

**First Candle**
www.FirstCandle.org
Information on safe sleep practices for infants and much more.

**Infant Risk Center**
www.InfantRisk.com
806-352-2519
Information on medication that can be safely used when pregnant and nursing.

**Look Up Indiana**
www.LookUpIndiana.org
A guide to resources and education on mental health for the whole family.

**MOMS Helpline**
844-624-6667
Indiana State Department of Health Service Specialists give referrals and information about prenatal and infant resources.
## Best Local Services - Free & Low-Cost

### Breastfeeding

- **La Leche League**
  - See page 42
  - 260-744-0711 or 877-502-0700

- **Lutheran Health**
  - See page 44
  - Dupont Hospital Lactation Office: 260-416-3240
  - Lutheran Hospital Lactation Office: 260-435-7330

- **Parkview Health**
  - See page 50
  - Community Support: 260-266-2464
  - PRMC Lactation Office: 260-672-6569
  - Randallia Lactation Office: 260-373-6856

### WIC - Free Foods and Nutrition Services

- See page 58
- 260-458-2641

### HIV, STD & STI Testing

- **A Hope Center - Free**
  - See page 28
  - 260-422-3544

- **Fort Wayne - Allen County Department of Health**
  - See page 30
  - 260-449-7504

### Food & Nutrition

- **United Way 2-1-1 (Nearby Food Banks)**
  - See page 58
  - 260-744-0711 or 877-502-0700

- **WIC - Free Foods and Nutrition Services**
  - See page 58
  - 260-458-2641

### Teen Parenting

- **ECHO (Education Opportunity)**
  - See pages 34; 38; 46
  - 260-422-4525 or 260-426-3347

- **SCAN - Be Someone Now (Get Your GED)**
  - See page 54
  - 260-421-5000

### Positive Resource Connection

- See page 52
- 260-744-1144
### BEST LOCAL SERVICES - FREE & LOW-COST

#### Stop Smoking Programs

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Page Reference</th>
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<tbody>
<tr>
<td>Baby &amp; Me Tobacco Free - Healthier Moms &amp; Babies</td>
<td>See page 42 260-425-3348</td>
<td></td>
</tr>
<tr>
<td>Freedom from Smoking - Parkview Health</td>
<td>See page 52 260-266-2474</td>
<td></td>
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<tr>
<td>Nicotine Free for Baby &amp; Me - Parkview Health</td>
<td>See page 52 260-266-2474</td>
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<tr>
<td>Quit Now Indiana</td>
<td>See page 52 1-800-QUIT-NOW</td>
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<tr>
<td>Tobacco Free Allen County</td>
<td>See page 56 260-760-7555</td>
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#### Prenatal Vitamins

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<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>A Hope Center</td>
<td>See page 28 260-422-3544</td>
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<tr>
<td>Neighborhood Health Clinics</td>
<td>See page 48 260-458-2641</td>
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<tr>
<td>Women’s Care Center</td>
<td>See page 58 260-424-9377</td>
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#### Special Pregnancy Needs

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<tr>
<th>Service</th>
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<tr>
<td>A Hope Center</td>
<td>See page 28 260-422-3544</td>
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<tr>
<td>Diocese of Fort Wayne-South Bend</td>
<td>See page 36 574-234-0687</td>
<td></td>
</tr>
<tr>
<td>Indiana University Lafayette Street Family Health Clinic</td>
<td>See page 42 260-481-0400</td>
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<tr>
<td>Neighborhood Health Clinics</td>
<td>See page 48 260-458-2641</td>
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<tr>
<td>Women’s Care Center</td>
<td>See page 58 260-424-9377</td>
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#### Natural Family Planning & Birth Spacing

<table>
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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>A Hope Center</td>
<td>See page 28 260-422-3544</td>
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<tr>
<td>Diocese of Fort Wayne-South Bend</td>
<td>See page 36 574-234-0687</td>
<td></td>
</tr>
<tr>
<td>Indiana University Lafayette Street Family Health Clinic</td>
<td>See page 42 260-481-0400</td>
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<tr>
<td>Neighborhood Health Clinics</td>
<td>See page 48 260-458-2641</td>
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<tr>
<td>Women’s Care Center</td>
<td>See page 58 260-424-9377</td>
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#### Department of Child Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>A Hope Center</td>
<td>See page 28 260-422-3544</td>
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</tr>
<tr>
<td>Safe Families for Children</td>
<td>See page 54 260-627-9002</td>
<td></td>
</tr>
<tr>
<td>SCAN - Daybreak Crisis Homes</td>
<td>See page 54 260-421-5000</td>
<td></td>
</tr>
</tbody>
</table>
Early Care for Children with Disabilities & Delays

**First Steps**
- See page 40
- 877-494-5115

**Gigi’s Playhouse**
- See page 40
- 260-482-7529

**Three Wishes Program**
- See page 48
- 866-481-2700

**Turnstone**
- See page 56
- 260-483-2100

Post Abortion/ Miscarriage Support

**A Hope Center**
- See page 28
- 260-422-3544

**Catholic Charities**
- See page 34
- 260-422-5625

**Project Rachel**
- See pages 36, 52
- 855-722-4354

**Women’s Health Link (group setting)**
- See page 60
- 260-203-2365

Neonatal Abstinence Syndrome*
- Withdrawal from drugs that the infant was exposed to before birth

**Down Syndrome Association of Northeast Indiana**
- See page 36
- 260-471-9964

**Miriam’s Blessings**
- See page 46
- 574-234-0687

Difficult Prenatal Diagnosis

**Dr. Wolfe, MD, Pediatric Specialties with Lutheran Health**
- 7950 W Jefferson Blvd, Fort Wayne, IN 46804
- 260-435-7123

**Dr. Bergeron, MD, Parkview Children’s Specialty Clinic**
- 11141 Parkview Plaza Dr #210, Fort Wayne, IN 46845
- 260-266-5400

Adoption

**Catholic Charities**
- See page 34
- 260-422-5625

**Women’s Care Center**
- with the Adoption Support Center, Inc.
- See page 58
- 260-424-9377
Parenting Classes

Newborn Care Classes

A Hope Center
See page 28
260-422-3544

Dupont Hospital
See page 44
260-416-3042

Early Childhood Alliance
See pages 38
260-745-2501

Healthier Moms & Babies
See page 42
260-425-3348

Lutheran Children’s Hospital
See page 44
260-435-2699

Parkview Classes
See page 50
260-672-6185

SCAN - Healthy Families
See page 54
260-421-5000 and 800-752-7116

Women’s Care Center
See page 58
260-424-9377

BEST LOCAL SERVICES - FREE & LOW-COST

CPR

American Heart Association
See page 30
877-242-4277

American Red Cross
See page 30
260-484-9336

Parkview Health
See page 50
260-373-8270

Three Rivers Ambulance Authority
See page 56
260-420-6500

Safe Sleep

Dupont Hospital
See page 44
260-416-3042

First Candle - Online Class
See page 17
www.FirstCandle.org

Parkview Health
See page 50
877-774-8632

Three Rivers Ambulance Authority
See page 56
260-420-6500
While we would like to have a successful outcome to our pregnancies, sometimes things are out of our control. To assist parents through these difficult times, we have also provided the following resources that can help parents recover from the loss of an infant and even offer support and counseling for those who wish to have another child.

**Ava’s Grace**
- See page 36
- 260-422-4611

**Forget-Me-Not Bereavement Program**
- [www.LutheranChildrensHospital.com/Forget-Me-Not-Program](http://www.LutheranChildrensHospital.com/Forget-Me-Not-Program)
- See page 44
- 260-435-2699

**Healing Hearts**
- See page 50
- 260-266-1470

**Pregnancy After Loss Support (PALS)/ Connections**
- See page 44
- 260-416-5854

**Project Rachel**
- [www.DioceseFWSB.org/ProjectRachel](http://www.DioceseFWSB.org/ProjectRachel)
- See pages 36, 52
- 855-722-4354
<table>
<thead>
<tr>
<th>Organization/Agency</th>
<th>Services</th>
<th>Hours</th>
<th>Payment</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A Baby’s Closet</strong></td>
<td>• Provides essential baby items to safely care for children&lt;br&gt;• Opportunities to earn coupons to be redeemed for clothing, a crib, car seat, and baby supplies</td>
<td>M 2PM-5PM&lt;br&gt;W 2PM-5PM</td>
<td>• Free</td>
<td>• Must be pregnant or have an infant or toddler and live in Allen County&lt;br&gt;• Must be receiving services from a participating service provider</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bus Route: 5/Southgate Plaza 8/Calhoun</td>
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<tr>
<td><strong>A Hope Center</strong></td>
<td>At all locations:&lt;br&gt;• Free pregnancy testing&lt;br&gt;• Free STD testing with a pregnancy test&lt;br&gt;• Free first-trimester ultrasound (limited)&lt;br&gt;• Education on sexually transmitted diseases (STDs)&lt;br&gt;• Medically accurate education about pregnancy options&lt;br&gt;• Referrals to Medicaid, doctors, professional counseling, and other community resources&lt;br&gt;• Earn While You Learn: Baby and maternity supplies rewarded for learning about your pregnancy and baby.&lt;br&gt;• Pregnancy and healthy relationships peer counseling&lt;br&gt;• Education on parenting, healthy pregnancy, and life skills (one-on-one and group settings)&lt;br&gt;• Fatherhood program&lt;br&gt;• Peer counseling and support for healing after abortion</td>
<td>M 9AM-5PM&lt;br&gt;T 9AM-8PM&lt;br&gt;W TH 9AM-5PM</td>
<td>• Free</td>
<td>• Valid photo ID is needed (does not have to be U.S. government-issued)&lt;br&gt;• It is best to call for appointment, but walk-ins are welcome</td>
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<td></td>
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<td>Bus Route: 4/Parkview</td>
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<td>M 10AM-8PM&lt;br&gt;T W 10AM-5PM&lt;br&gt;F 10AM-3PM</td>
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<td></td>
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<td>Bus Route: 8/Calhoun</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>M 4PM-7PM</td>
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<tr>
<td>Organization/Agency</td>
<td>Services</td>
<td>Hours</td>
<td>Payment</td>
<td>Eligibility</td>
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</tr>
</tbody>
</table>
| Allen County Department of Health | • Childhood and Adult immunizations  
• Sexually Transmitted Diseases (STD) Testing  
• Confidential AIDS/HIV testing  
• Patient education/information  
• Case management & referrals  
• Dispense medication on-site as needed for clients undergoing treatment | M-F 8AM-12PM  
1PM-4:30PM  
Bus Route: 10/New Haven | • Minimal fees charged  
• Donations accepted | • Valid government-issued ID needed  
• No one refused services  
• Anyone over age 13  
• Call to schedule appointment  
• Limited walk-ins  
• If insured, bring insurance card  
• Uninsured and underinsured welcome from any county |
| American Heart Association | • Provides referrals to certified emergency cardiovascular care (ECC) courses, including basic first aid and CPR classes for new parents | 24/7 Online | • Free for information and referral  
• Course costs vary | • Open |
| American Red Cross | • Offers a variety of safety training courses for new parents  
• Courses available in traditional classroom setting, online, or through partnering workplace | M-F 8AM-5PM  
Bus Route: 1/Waynedale via Broadway, Northcrest | • Free for information and referral  
• Course costs vary, cash accepted | • Varies by class  
• Call to schedule appointment |
| BabiesLove.org | An online guide to local resources for pregnancy including:  
• Where to get a free pregnancy test  
• Someone to talk to-live or text chat  
• How to find a doctor /insurance  
• The best pregnancy Apps | 24/7 Online | • Free | • None |

Call agencies to verify their hours, language services, and requirements for services.  
Bus routes subject to change. Visit www.FWCitilink.com for latest schedule.
<table>
<thead>
<tr>
<th>Organization/Agency</th>
<th>Services</th>
<th>Hours</th>
<th>Payment</th>
<th>Eligibility</th>
</tr>
</thead>
</table>
| Brightpoint         | - Substance abuse and mental health counseling  
|                     | - Outpatient services  
|                     | - Home-based/school-based rehabilitation  
|                     | - Individual and group therapy  
|                     | - Medication assisted treatment- use of medication, counseling, and behavioral therapies to treat substance use disorders  
|                     | - Psychiatric medication management | M-TH 8AM-7PM  
|                     | | F 8AM-5PM | - Sliding fee scale based on income  
|                     | | Bus Route: 9/Gateway | Health Insurance Navigators assist with enrollment  
|                     | | | Call for appointment |
| Bowen Center        | M-TH 8AM-7PM  
|                     | | F 8AM-5PM | - No U.S. government-issued ID needed  
|                     | | Bus Route: | Call for appointment |

**Covering Kids and Families (CKF):**
- Enrolling in health insurance through Presumptive Eligibility for Pregnant Women, Medicaid, Hoosier Healthwise, HIP and Marketplace.

**Early Head Start:**
- Home-based program for pregnant women and young children up to age 3 with emphasis on healthy pregnancy, child development, education, family self-sufficiency, parenting skills, and a smooth transition into preschool.

**Head Start:**
- Comprehensive pre-school program that provides education, health, nutrition, and other social services for low-income children, ages 3-5, and their families.

**Childcare Assistance:**
- Helps families afford quality childcare for children younger than 13 whose parents are working, going to school, or receiving job training.

**Family Development:**
- Provides holistic, in-home services that help identify a family’s strengths, desires, and goals in which participants develop action plans that focus on achieving self-sufficiency.

---

**Main Office:**
- Health insurance enrollment assistance is free
- Most programs are free or low-cost. Each program has specific eligibility requirements.

**CKF:**
- M-W 8AM-5PM  
| TH* 9 AM-4PM | TH Walk-ins welcome  
| F 8AM-11:30AM | Bus route: 4/Parkview |

**Carew Location:**
- M-TH 8AM-5PM  
| | Bus route: 10/New Haven |

**Call for appointment**
- CKF eligibility varies by age, family size, and income.
- For a list of documents go to www.mybrightpoint.org/ckf
- Early Head Start: for pregnant women and children (under 3), in Allen, Noble, and Whitley counties. Family income at or below 100% of federal poverty guidelines.
- Childcare Assistance: a completed application is required to be put on a waiting list. Parents must be working and/or in school, and must select an approved child care provider.
- Family Development: for families at or below 200% of the poverty guidelines. Must contact Family Development Department or 211 to complete referral.
<table>
<thead>
<tr>
<th>Organization/Agency</th>
<th>Services</th>
<th>Hours</th>
<th>Payment</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic Charities</td>
<td><strong>Education Creates Hope and Opportunity (ECHO):</strong></td>
<td>M-TH 8AM-5PM</td>
<td>• Free</td>
<td>• No U.S. government-issued ID needed</td>
</tr>
<tr>
<td>915 S. Clinton St.</td>
<td>• Case management services for pregnant and/or parenting teens and young adults to assist in obtaining high school education or pursuing further education</td>
<td>F 8AM-12PM</td>
<td></td>
<td>• Call to schedule appointment</td>
</tr>
<tr>
<td>Fort Wayne, IN 46802</td>
<td></td>
<td>Bus Route: 2/Time Corners</td>
<td></td>
<td></td>
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<tr>
<td>260-422-5625</td>
<td><strong>Pregnancy and Parenting Services:</strong></td>
<td></td>
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<tr>
<td></td>
<td>• Free, confidential counseling and support for women experiencing an unexpected pregnancy</td>
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<td></td>
<td>• Adoption planning services for birth parents</td>
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<tr>
<td>Christ Child Society of Fort Wayne</td>
<td><strong>Layettes to Newborns</strong></td>
<td>Call for more</td>
<td>• Free</td>
<td>• Need-based</td>
</tr>
<tr>
<td>260-637-4181</td>
<td></td>
<td>information</td>
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<tr>
<td><a href="http://www.ChristchildSocietyFW.org">www.ChristchildSocietyFW.org</a></td>
<td><strong>Coats for Kids</strong></td>
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<td></td>
<td><strong>Backpacks for Foster/displaced children</strong></td>
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<td></td>
<td><strong>Crib Club Stores:</strong></td>
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<td></td>
<td>• Parents spend coupons earned for clothing, and baby supplies. *Located in Womens Care Center (see pg. 58)</td>
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<tr>
<td>Department of Child Services</td>
<td><strong>Child Protective Services (CPS):</strong></td>
<td>County office:</td>
<td>• Free</td>
<td>• Open</td>
</tr>
<tr>
<td>201 East Rudisill Blvd.</td>
<td>• Investigates reports of suspected child abuse or neglect and takes action on substantiated cases</td>
<td>M-F 8AM-4:30PM</td>
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<tr>
<td>Suite 200</td>
<td><strong>Special Needs Adoption Program:</strong></td>
<td>Bus Route: 5/Southeast Local 8/Calhoun</td>
<td></td>
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<tr>
<td>Fort Wayne, IN 46806</td>
<td>• Offers information, support, and placement services to persons interested in adopting hard-to-place Indiana children</td>
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<tr>
<td>260-458-6100</td>
<td><strong>Foster Care:</strong></td>
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<td>• Places children who are wards of the court into temporary foster homes and recruits, licenses, and supervises foster parents</td>
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<td>• Foster care is intended to provide a safe, nurturing, stable, and temporary environment for children who can no longer remain in their homes due to risk of abuse or neglect</td>
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*SPANISH, BURMESE Available for all programs*
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<tr>
<th>Organization/Agency</th>
<th>Services</th>
<th>Hours</th>
<th>Payment</th>
<th>Eligibility</th>
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</thead>
<tbody>
<tr>
<td>Diocese of Fort Wayne - South Bend</td>
<td><strong>Project Rachel:</strong> • A post-abortion reconciliation program offered by the Diocese of Fort Wayne-South Bend • All faiths are welcome • Counseling referrals • Support groups • Trained companions to walk the journey with individuals</td>
<td>Call for more information</td>
<td>• Free • Professional counseling services often provided at a reduced fee</td>
<td>• All are eligible</td>
</tr>
<tr>
<td></td>
<td><strong>Miriam’s Blessing:</strong> • Provides comprehensive support to parents who receive a difficult prenatal diagnosis, before, during, and after birth</td>
<td>Call for more information</td>
<td>• Free</td>
<td>• All are eligible</td>
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<tr>
<td></td>
<td><strong>Ava’s Grace:</strong> • Provides practical, emotional and spiritual support to parents who suffer miscarriage, stillbirth, or infant loss</td>
<td>Call for more information</td>
<td>• Free</td>
<td>• All are eligible</td>
</tr>
<tr>
<td>Diocese of Fort Wayne - South Bend</td>
<td><strong>Outreach Program:</strong> resource materials to new parents after receiving a diagnosis of Down Syndrome for their child • Support, educational workshops, activities and more through the life cycle</td>
<td>M-F 8:30AM-5PM</td>
<td>• Free</td>
<td>• Call for an appointment</td>
</tr>
</tbody>
</table>

**Diocese of Fort Wayne - South Bend**
915 S. Clinton St.
Fort Wayne, IN 46802
574-234-0687

[www.DioceseFWSB.org/ProjectRachel/](www.DioceseFWSB.org/ProjectRachel/)

**Project Rachel**
855-722-4354
855-RACHEL HOPE

[www.DioceseFWSB.org/Miriams-Blessing](www.DioceseFWSB.org/Miriams-Blessing)

**Miriam’s Blessing**
260-422-4611

[www.DioceseFWSB.org/Miriams-Blessing](www.DioceseFWSB.org/Miriams-Blessing)

**Ava’s Grace**
260-422-4611

[www.DioceseFWSB.org/Miriams-Blessing](www.DioceseFWSB.org/Miriams-Blessing)

[www.dsani.org](www.dsani.org)
<table>
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<tr>
<th>Organization/Agency</th>
<th>Services</th>
<th>Hours</th>
<th>Payment</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Early Childhood Alliance</strong>&lt;br&gt;3800 N. Anthony&lt;br&gt;Fort Wayne, IN 46805&lt;br&gt;260-745-2501&lt;br&gt;www.ECAlliance.org</td>
<td><strong>Child Care Referrals:</strong>&lt;br&gt;- Assists parents in finding child care (birth to school age) that matches their individual needs&lt;br&gt;&lt;br&gt;<strong>Parenting Education:</strong>&lt;br&gt;- Prenatal and early childhood parent education program designed to enhance child development and school achievement&lt;br&gt;- Child receives free health, vision, hearing, and developmental screening&lt;br&gt;&lt;br&gt;<strong>Specialized Information and Referral:</strong>&lt;br&gt;- Assists families of children with special needs by providing information, peer support, and education&lt;br&gt;- Assists parents with children ages 0-3 in their search for quality child care, concerns about current child care, and with information on infant-toddler development, milestones, behavior, and safe sleeping practices</td>
<td>M-TH 7:30AM-5:30PM&lt;br&gt;F 7:30AM-11:30AM</td>
<td>Free</td>
<td>Call for more information&lt;br&gt;Serving 10 counties across northern IN (Allen, DeKalb, Elkhart, Kosciusko, LaGrange, Marshall, Noble, St. Joseph, Steuben, Whitley)</td>
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<tr>
<td><strong>ECHO</strong>&lt;br&gt;Education Creates Hope and Opportunity</td>
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<tr>
<td><strong>Catholic Charities</strong>&lt;br&gt;915 S. Clinton St.&lt;br&gt;Fort Wayne, IN 46802&lt;br&gt;260-422-4525&lt;br&gt;www.ccfwsb.org</td>
<td><strong>Case management services to pregnant and/or parenting teens and young adults, to assist in obtaining high school education or pursuing further education</strong>&lt;br&gt;- Assess barriers to achieve school success and attendance&lt;br&gt;- Ensure healthcare needs are addressed&lt;br&gt;- Develop short and long-term school and life goals&lt;br&gt;- Connect the client to necessary community resources</td>
<td></td>
<td>Free</td>
<td>No U.S. government-issued ID needed&lt;br&gt;Pregnant and/or parenting teens and young adults</td>
</tr>
<tr>
<td><strong>Lutheran Social Services</strong>&lt;br&gt;333 E. Lewis St.&lt;br&gt;Fort Wayne, IN 46802&lt;br&gt;260-426-3347&lt;br&gt;www.lssin.org</td>
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<td></td>
<td><strong>Call or check websites for hours</strong></td>
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<tr>
<td>Organization/Agency</td>
<td>Services</td>
<td>Hours</td>
<td>Payment</td>
<td>Eligibility</td>
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</tbody>
</table>
| Family Medicine Center | • Primary medical care  
  • Pregnancy and childbirth (Obstetrics/OB)  
  • Chronic disease testing and management  
  • Patient education  
  • Patient assistance in applying for reduced-fee prescriptions | M-W 8AM-5PM  
 TH 8AM-12PM  
 F 8AM-5PM | • Sliding fee scale based on income  
 • Payment arrangements for self-pay | • No U.S. government-issued ID needed  
 • Call to schedule appointment  
 • Uninsured and underinsured welcome from any county  
 • If insured, bring insurance card |
| First Steps  
 *A program of Indiana Family and Social Services, Bureau of Child Development Services*  
 North Central Indiana | **Children can receive treatment for developmental delays including:**  
 • Assistive technology services  
 • Diagnostic medical services  
 • Family education  
 • Physical therapy  
 • Health service resources  
 • Nursing service resources  
 • Occupational therapy  
 • Psychological service resources  
 • Service coordination  
 • Social work services  
 • Hearing tests and services  
 • Special instruction/developmental therapy  
 • Speech-language pathology  
 • Vision service | Office Hours: M-F 8AM-4:30PM  
 In-home therapy by appointment | • All insurance welcome  
 • Sliding fee scale based on income (bring documentation to verify income) | • Referred by primary physician  
 • Referred by a Social Worker  
 • Self-referred (call or use website)  
 • Children, aged birth to 3 years  
 • Child has diagnosed developmental delays  
 • Serving Adams, Allen, Grant, Huntington, Miami, Wabash, and Wells Counties  
 • No U.S. government-issued ID needed |
| GiGi’s Playhouse Fort Wayne  
 *Down Syndrome Achievement Center*  
 6081 N. Clinton St.  
 Fort Wayne, IN 46825  
 260-482-7529 | • Affective, attention, and cognitive development  
 • Family involvement  
 • Fine motor and gross motor development  
 • Parent education  
 • Physical and social development  
 • Speech and language development | M-F 10AM-6PM | • Free | • Call to schedule appointment  
 • No U.S. government-issued ID needed  
 • Call for more information |

*Call agencies to verify their hours, language services, and requirements for services. Bus routes subject to change. Visit www.FWCitilink.com for latest schedule.*
<table>
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<th>Payment</th>
<th>Eligibility</th>
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</thead>
<tbody>
<tr>
<td>Headwaters Counseling</td>
<td>• Mental health counseling for all ages/issues</td>
<td>M-TH 8AM-8PM</td>
<td>• Sliding fee scale based on income</td>
<td>• No U.S. government-issued ID needed</td>
</tr>
<tr>
<td>Formerly Family &amp; Children’s Services</td>
<td>• Outpatient services addressing addiction issues for individuals and their families that are low, medium, or high risk for abuse</td>
<td>F 8AM-12PM</td>
<td>• Health Insurance Navigators provide free assistance with enrollment</td>
<td>• Call to schedule appointment</td>
</tr>
<tr>
<td>2712 S. Calhoun St.</td>
<td>• Relapse Prevention for those who have completed treatment previously. Women In Recovery program available too.</td>
<td>Bus Routes:</td>
<td>Payment methods accepted:</td>
<td>• If insured, bring insurance card</td>
</tr>
<tr>
<td>Fort Wayne, IN 46807</td>
<td></td>
<td>3/Village Woods 8/Calhoun</td>
<td>• Medicaid</td>
<td>• If uninsured, bring proof of household income</td>
</tr>
<tr>
<td>260-744-4326</td>
<td></td>
<td></td>
<td>• Medicare</td>
<td></td>
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<tr>
<td><a href="http://www.HeadwatersCounseling.org">www.HeadwatersCounseling.org</a></td>
<td></td>
<td></td>
<td>• Private Insurance</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>• Cash</td>
<td></td>
</tr>
<tr>
<td>Healthier Moms &amp; Babies</td>
<td>• Health education and case management during pregnancy and after delivery</td>
<td>M-F 8AM-5PM</td>
<td>• Free</td>
<td>• No U.S. government-issued ID needed</td>
</tr>
<tr>
<td>1025 W Rudisill Blvd #9</td>
<td>• Safe Sleep provider site</td>
<td>Mama Moods Group:</td>
<td>Payment methods accepted:</td>
<td>• Pregnant women before the 30th week</td>
</tr>
<tr>
<td>Fort Wayne, IN 46807</td>
<td>• Nurse Family Partnership for first time mothers providing health education until the baby turns 2 years old</td>
<td>T 5 PM</td>
<td>• Medicaid</td>
<td>• Allen County residents</td>
</tr>
<tr>
<td>260-469-4076</td>
<td>• Mama Moods Support Group</td>
<td>Bus Routes:</td>
<td>• Medicare</td>
<td>• Call to schedule appointment</td>
</tr>
<tr>
<td></td>
<td>• Baby &amp; Me, Tobacco Free Program</td>
<td>1/Waynedale via Broadway, Northcrest</td>
<td>• Private Insurance</td>
<td></td>
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<td></td>
<td></td>
<td>6/McKinnie/Franke Pk 9/Brooklyn/Taylor</td>
<td>• Cash</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.HealthierMomsAndBabies.org">www.HealthierMomsAndBabies.org</a></td>
<td></td>
<td></td>
<td>Payment methods accepted:</td>
<td></td>
</tr>
<tr>
<td>SPANISH, BURMESE</td>
<td></td>
<td></td>
<td>• Medicaid</td>
<td></td>
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<tr>
<td>By appointment only</td>
<td></td>
<td></td>
<td>• Medicare</td>
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<td></td>
<td></td>
<td>• Private Insurance</td>
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<td></td>
<td></td>
<td></td>
<td>• Cash</td>
<td></td>
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<tr>
<td>Indiana University Lafayette</td>
<td>• Pregnancy testing (sliding fee)</td>
<td>M 8AM-7PM</td>
<td>Fees vary</td>
<td>• No U.S. government-issued ID needed</td>
</tr>
<tr>
<td>Street Family Health Clinic</td>
<td>• Gynecological exams</td>
<td>T 8AM-4:30PM</td>
<td>Sliding fee scale based on income</td>
<td>• No one refused services</td>
</tr>
<tr>
<td>2700 S. Lafayette St.</td>
<td>• Pap tests</td>
<td>W 8AM-5PM</td>
<td>Payment methods accepted:</td>
<td>• Uninsured and underinsured welcome from any county</td>
</tr>
<tr>
<td>Fort Wayne, IN 46806</td>
<td>• Breast exams</td>
<td>TH 8AM-4:30PM</td>
<td>• Medicaid</td>
<td>• Call for appointment</td>
</tr>
<tr>
<td>260-481-0400</td>
<td>• Natural family planning</td>
<td>F 8AM-12PM</td>
<td>• Medicare</td>
<td>• If insured, bring insurance card</td>
</tr>
<tr>
<td>SPANISH</td>
<td></td>
<td>Walk-ins accepted for pregnancy tests only</td>
<td>• Private Insurance</td>
<td></td>
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<tr>
<td>Interpreter available daily</td>
<td></td>
<td>Bus Routes:</td>
<td>• Cash</td>
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<td></td>
<td>5/Southgate Plaza</td>
<td>Payment methods accepted:</td>
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<td></td>
<td></td>
<td></td>
<td>• Medicaid</td>
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<td></td>
<td></td>
<td>• Medicare</td>
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<td></td>
<td>• Private Insurance</td>
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<td></td>
<td></td>
<td></td>
<td>• Cash</td>
<td></td>
</tr>
<tr>
<td>La Leche League of Fort Wayne</td>
<td>• Support for breastfeeding mothers by phone and at monthly meetings</td>
<td>2nd W 10AM</td>
<td>• Free</td>
<td>• No U.S. government-issued ID needed</td>
</tr>
<tr>
<td>260-255-5657</td>
<td>• La Leche League Leaders have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding.</td>
<td>Location varies: Call for location details.</td>
<td>Donations appreciated</td>
<td>• No one refused services</td>
</tr>
<tr>
<td>Leave a message and receive a call back within 24 hours.</td>
<td></td>
<td></td>
<td></td>
<td>• Uninsured and underinsured welcome from any county</td>
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<tr>
<td><a href="http://www.Llli.org">www.Llli.org</a></td>
<td></td>
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<td></td>
<td>• Call for appointment</td>
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<td>• If insured, bring insurance card</td>
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<tr>
<td>Grassroots Baby</td>
<td>• Fees vary</td>
<td>3rd TH 7PM</td>
<td>Free</td>
<td>• Mothers and mothers-to-be</td>
</tr>
<tr>
<td>2602 W. State Blvd</td>
<td>• Sliding fee scale based on income</td>
<td>7PM</td>
<td>Payments appreciated</td>
<td>(including adoptive mothers)</td>
</tr>
<tr>
<td>Fort Wayne, IN 46808</td>
<td>• Health Insurance Navigators provide free assistance with enrollment</td>
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<td>• Medicaid</td>
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<td>• Private Insurance</td>
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<td>• Cash</td>
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<td>• Cash</td>
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Call agencies to verify their hours, language services, and requirements for services.

Bus routes subject to change. Visit www.FWCitilink.com for latest schedule.
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<th>Organization/Agency</th>
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<th>Eligibility</th>
</tr>
</thead>
</table>
| Look Up Indiana     | Online listing of mental health providers, services & resources including topics for:  
- Mental health and depression  
- Opioids and other drugs  
- Youth  
- Parents | 24/7 | Free | All are eligible |
| Lutheran Health Network (LHN) | Classes: Prenatal Care, Childbirth, Newborn Care, Grandparents, Siblings, Mood Changes & Moms, Safe Sitter. Class locations vary.  
- Car Seat Services: Car seat safety checks  
- Safe Sleep: Cribs for Kids: all locations  
- Breastfeeding Support: all locations  
- Baby Blues & Postpartum Depression Mood-Changes: Lutheran, 260-435-7069  
- Birth Planning Services: all locations  
- OB/GYN & Pediatrician Services: Available at St. Joseph Hospital  
- Neonatal Follow-Up Clinic: Lutheran Hospital only; Prematurity, low birth weight, birth defects, congenital syndromes, feeding problems, failure to thrive, developmental delays, developmental screening, neonatal abstinence syndrome  
- Monarch Program: Maternal, OB, Newborn Care, Addiction Recovery, Comprehensive Health, 260-425-3106  
- Forget-Me-Not Bereavement Program: Including coping with death, stages of grief, memory and healing activities  
- Pregnancy/ Parenting After Loss Support (PALS): Support to ease fear about pregnancy after the loss of a baby, Dupont Hospital, 260-416-5854  
- Connections: Support for parents experiencing loss of a baby, 260-416-5854 | 24/7 | Free prenatal education, Free breastfeeding support groups, Free car seat inspections (car seat purchase options available), Free safe sleep, Free baby blues & Postpartum Depression support, Free Childbirth & New Born Classes, Insurance coverage, Case Management, WIC | All are eligible |

Call agencies to verify their hours, language services, and requirements for services.  
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<th>Payment</th>
<th>Eligibility</th>
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</thead>
<tbody>
<tr>
<td>Lutheran Social Services</td>
<td>Balance Works:</td>
<td>M-TH 8AM-5PM</td>
<td>• Some services free</td>
<td>• Call to schedule appointment</td>
</tr>
<tr>
<td>333 E. Lewis St.</td>
<td>• Faith-based mental health provider</td>
<td>M-F 8AM-12PM</td>
<td>• Some services have a sliding fee scale based on income</td>
<td>• Required documentation depends on program</td>
</tr>
<tr>
<td>Fort Wayne, IN 46802</td>
<td>• Integrated mind-body-spirit therapy for children, adults, couples, and families</td>
<td>Bus Routes: 10/New Haven 7/Anthony 8/Calhoun</td>
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<tr>
<td>260-426-3347</td>
<td>• Various office-based therapy services including EMDR (Eye Movement Desensitization and Reprocessing)</td>
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<td><a href="http://www.lssin.org">www.lssin.org</a></td>
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<td>MULTIPLE LANGUAGES</td>
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<td>Education Creates Hope and Opportunity:</td>
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<tr>
<td></td>
<td>• Case management services to pregnant or parenting teens/ young adults (see pg. 38)</td>
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<td>Gear-up Safety Program:</td>
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<td></td>
<td>• Provides families with safety items, making home safe for children</td>
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<tr>
<td>Children’s Village</td>
<td>Children’s Village:</td>
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<tr>
<td>6613 S. Anthony Blvd</td>
<td>• Childcare for ages 6 weeks to age 5</td>
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<tr>
<td>Fort Wayne, IN 46816</td>
<td>• State - licensed/ Level 4 paths to quality</td>
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<td>260-744-0006</td>
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<td></td>
<td>Miriam’s Blessing</td>
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<td>• Provides comprehensive support to parents who receive a difficult prenatal diagnosis, before, during, and after birth</td>
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<tr>
<td>260-422-4611</td>
<td>Call for more information</td>
<td></td>
<td>• Free</td>
<td>• All are eligible</td>
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<tr>
<td><a href="http://www.DioceseFWSB.org/Miriams-Blessing">www.DioceseFWSB.org/Miriams-Blessing</a></td>
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<tr>
<td></td>
<td>MOMS HELPLINE</td>
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<td></td>
<td>Indiana State Department of Health</td>
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<td>884-624-6667</td>
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<td><a href="http://www.IN.gov/isdh/21047.htm">www.IN.gov/isdh/21047.htm</a></td>
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<td></td>
<td>Helpline specialists give information and referrals including:</td>
<td></td>
<td>• Free</td>
<td>• All are eligible</td>
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<td>• Insurance, educational resources, medical providers, infant health programs, and more</td>
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<td>M-F 6:30AM-5:30PM</td>
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<td></td>
<td>Bus Routes: 7/Anthony/Oxford 7a/Anthony/Creighton</td>
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<td>ECHO &amp; Gear-up:</td>
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<td></td>
<td>• Free</td>
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<td>• State vouchers accepted</td>
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<td></td>
<td>• Call for more information</td>
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<td></td>
<td>• Call for more information</td>
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<td></td>
<td>• All are eligible</td>
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<td></td>
<td>• Free</td>
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<td></td>
<td>• Pregnant women who are homeless or at risk of being homeless</td>
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<td>• Must follow the rules and structure of the home</td>
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<td></td>
<td>• Commitment to living drug, alcohol, and tobacco free</td>
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<td></td>
<td>• Call for appointment</td>
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<tr>
<td>A Mother’s Hope</td>
<td>• Shelter for pregnant women who are homeless or at risk of being homeless</td>
<td>M-F 8AM-5PM</td>
<td>• Free</td>
<td>• Pregnant women who are homeless or at risk of being homeless</td>
</tr>
<tr>
<td>260-376-0097</td>
<td>• Support and guidance to residents in the areas of shelter, health of mother and baby, support/spiritual, education, employment, and life skills</td>
<td>Bus Routes: 15/Parkview Medlink</td>
<td></td>
<td>• Must follow the rules and structure of the home</td>
</tr>
<tr>
<td><a href="http://www.AMothersHopeFW.org">www.AMothersHopeFW.org</a></td>
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<td></td>
<td>• Commitment to living drug, alcohol, and tobacco free</td>
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<tr>
<td>MULTIPLE LANGUAGES</td>
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<td>• Call for appointment</td>
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<td>By appointment only</td>
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<tr>
<td>46</td>
<td>Call agencies to verify their hours, language services, and requirements for services.</td>
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<tr>
<td>47</td>
<td>Bus routes subject to change. Visit <a href="http://www.FWCitilink.com">www.FWCitilink.com</a> for latest schedule.</td>
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<tr>
<td>Organization/Agency</td>
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</tbody>
</table>
| Neighborhood Health Clinics | - Medical care for adults and children  
- Family practice  
- Pregnancy and childbirth (Obstetrics/OB), ultrasounds, women’s health  
- Pediatrics/children  
- Lab tests at Calhoun St. location; and Paulding Rd. Monday and Thursday only  
- Patient assistance in applying for reduced-fee prescriptions  
- Medication formulary with low-cost alternatives  
- Interpretation in various languages available upon request. Hours vary. Call to request/confirm that services are available.  
- Optometry services available. Call for information. | M 8AM-7PM  
T 8AM-5PM  
W 8AM-7PM  
TH F 8AM-5PM | - Sliding fee scale based on income and insurance coverage  
- Insurance welcome, but not required | - No U.S. government-issued ID needed  
- If uninsured, bring proof of household income  
- If insured, bring insurance card |
| Park Center | Mental Health Services for all ages:  
- 24-Hour crisis intervention and stabilization  
- Outpatient and home-based services  
- Residential programs  
- Case management  
- Evaluation and testing  
- Addiction services  
- Court-ordered services  
- Dispensary of low-cost medications, as needed, for clients undergoing treatment  
- Patient assistance in applying for reduced-fee prescriptions through on-site pharmacy  
- Three Wishes Program: Early childhood therapeutic program  
- Primary care services for adults and children 11 y/o or older at IU Lafayette Street Family Health Clinic (see pg. 42) | M-F 8AM-5PM  
*Saturday and evening hours by appointment | - Sliding fee scale based on income  
- Trained professionals to help clients enroll in health insurance at Main Campus:  
- Carew Location: | - No U.S. government-issued ID needed  
- Call for appointment  
- Walk-ins accepted |
<table>
<thead>
<tr>
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<th>Payment</th>
<th>Eligibility</th>
</tr>
</thead>
</table>
| Parkview Health     | - Insurance - Presumptive eligibility
- Prenatal care
- Centering Pregnancy group care
- Birth planning services
- Classes (Preparing for Childbirth, Basics and Beyond Parenting, Breastfeeding, Pet-Friendly, Grandparents, Sibling, Multiples, Dad’s Boot Camp)
- Labor and delivery
- Breastfeeding support
- Safe sleep crib program
- CPR classes
- Family planning
- Sexually Transmitted Disease screening and treatment
- Well woman exam
- Car seat safety checks, please call 877-774-8632 for an appointment
- On-site interpreter services are available for birth planning and hospital stays
- Community Nursing: Offer CPR classes, Safe Sleep classes, breastfeeding support, home visits. Call 260-266-2481 for more information. | 24/7 | Birth planning, classes, car seat checks, and breastfeeding support are free of charge | • No U.S. government-issued ID needed |
| Parkview Randallia  | - Healing Hearts: Support for parents and families who have experienced the loss of a baby
- Pregnancy After Loss Support Group: Support for parents who have lost a baby and are now pregnant again
- Mom Connections: Support group for new moms to meet each other, discuss mom-related topics and learn of services offered by Parkview and other agencies | | • Free | • No U.S. government-issued ID needed |

Call agencies to verify their hours, language services, and requirements for services.

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</thead>
</table>
| Parkview Community Health Workers | • Car seat checks  
• Breastfeeding support  
• Home visits  
• Social support  
• Referrals and education | Call for more information | • Free | • Call to schedule appointment  
• No U.S. government-issued ID needed |
| Parkview Neighborhood Health Center | Freedom from Smoking Program:  
• Weekly classes to teach effective ways to stop the habit.  
• Set goals & learn relaxation techniques  
• Learn about options to reduce cravings | Check Parkview Community Calendar for date, times and locations | • Free | • All are eligible |
| Positive Resource Connection  
Formerly AIDS Task Force | • Free HIV testing  
• Education, prevention, testing and risk reduction counseling  
• Financial assistance for HIV positive individuals, for those who qualify  
• Syringe Services Program (needle exchange) in conjunction with the Fort Wayne-Allen County DOH, 519 Oxford Street door | HIV Testing:  
M-F  By appointment  
Walk-ins:  
W  4PM-6:30PM  
Programs:  
M  8:30AM-5PM  
Syringe Services Program:  
T  5PM-8PM  
Bus Route  
6/McKinnie | • Free | • No U.S. government-issued ID needed  
• Programs are for HIV positive individuals  
• Education, prevention, testing and risk reduction counseling are for general population  
• Call for more information |
| Project Rachel | • A post-abortion reconciliation program offered by the Diocese of Fort Wayne-South Bend  
• All faiths are welcome  
• Counseling referrals  
• Support groups  
• Trained companions to walk the journey with individuals | Call for more information | • Free  
• Professional counseling services often provided at a reduced fee | • All are eligible |
| Quit Now Indiana | • Phone-based counseling service that helps Indiana smokers quit  
• One-on-one coaching for tobacco users who have decided to quit | Daily 24/7 | • Free | • Age 13 and older  
• No U.S. government-issued ID needed |
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</table>
| Safe Families for Children          | • Crisis and respite care for children whose parents are temporarily unable to care for them due to a short-term emergency  
                                      • We do not have an office; we arrange mutually convenient meeting locations | M-F 8:30AM-5PM | •Free           | • Parent/guardian must be involved in a parent/guardian-based crisis, must have legal custody/guardianship of child  
                                      • Be ready to explain family situation, provide children’s medical background and Medicaid number, and to give a medical power of attorney |
| SCAN                                | • Healthy Families: Resource assistance and support for families with newborns less than 90 days old up to 3 yrs of service  
                                      • Daybreak Crisis Homes: Emergency, short-term respite care for children 12 years of age and younger  
                                      • Network for Safe Families: In-home services for families struggling with issues that may lead to abuse or neglect  
                                      • Education Services: Workshops on preventing child abuse and neglect, bullying and gun safety for children ages 3-18 and adults  
                                      • Be Someone Now: Education, guidance, and support for young adults, age 16-25  
                                      • Fatherhood Engagement: Assistance for fathers, referred by DCS, to engage with their child(ren)  
                                      • Family Connections: Workshops and classes for families working through divorce, paternity, or custody issues  
                                      • Family Restoration: Home-based visitation and therapy services for families working through the DCS/court process | M-F 8AM-8PM  
                                      SAT 10AM-2PM  
                                      *Hours vary by program | 24-hour emergency coverage  
                                      Select programs available 7 days a week | • All programs are free unless otherwise specified. Call for information.  
                                      • Sliding fee scale based on income  
                                      • Self-pay or cash accepted | • U.S. government-issued ID and/or proof of income may be required for some programs.  
                                      • Call for program-specific eligibility details  
                                      • If uninsured, bring proof of household income  
                                      • If insured, bring insurance card  
                                      • Call to schedule appointment |
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<tr>
<td><strong>Super Shot</strong>&lt;br&gt;Clinic locations vary&lt;br&gt;260-424-7468 (voicemail only)&lt;br&gt;www.SuperShot.org</td>
<td>• Community immunization clinics&lt;br&gt;• Convenient, family-friendly sites&lt;br&gt;• Immunizations and flu shots available for children ages birth through 18&lt;br&gt;• Immunizations available for adult populations ages 19 and older</td>
<td>Daytime, evening and weekend hours (check website for schedule)</td>
<td>• $10 per shot&lt;br&gt;• Medicaid accepted for children only&lt;br&gt;• No one will be turned away regardless of ability to pay</td>
<td>• No ID needed&lt;br&gt;• Ages 0-18 uninsured, underinsured, Medicaid&lt;br&gt;• Ages 19+ uninsured and underinsured populations&lt;br&gt;• Ages 0-17: must be accompanied by an adult&lt;br&gt;• Children’s current shot record required</td>
</tr>
<tr>
<td><strong>Three Rivers Ambulance Authority (TRAA)</strong>&lt;br&gt;525 Hayden St.&lt;br&gt;Fort Wayne, IN 46802&lt;br&gt;260-420-6500&lt;br&gt;www.traa-ems.com</td>
<td>• CPR Training: 4-hour course, participants are certified and receive cards good for two years&lt;br&gt;• Safe Sleep: Indiana Crib Distribution Site&lt;br&gt;• Safe Sleep Class: Learn about safe sleep environment and other life-saving tips&lt;br&gt;• Verify car seat installation</td>
<td>Call for class schedule and to enroll:&lt;br&gt;260-423-1436&lt;br&gt;Safe Sleep Class:&lt;br&gt;3rd M 2PM&lt;br&gt;Bus route:&lt;br&gt;7/Anthony/Oxford&lt;br&gt;7a/Anthony/Creighton</td>
<td>• CPR Training: $15 per student&lt;br&gt;• Safe Sleep Class: Free</td>
<td>• Call office or check website for requirements</td>
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<tr>
<td><strong>Tobacco Free Allen County</strong>&lt;br&gt;Parkview Randallia&lt;br&gt;2200 Randallia Dr., 2nd Floor&lt;br&gt;Fort Wayne, IN 46805&lt;br&gt;260-760-7555&lt;br&gt;260-373-4276&lt;br&gt;www.TobaccoFreeAllenCounty.org</td>
<td>• Tobacco cessation education and referral&lt;br&gt;• Education and advocacy to protect families and children from secondhand tobacco smoke and vaping aerosol&lt;br&gt;• Smoke-free housing advocacy/ referral</td>
<td>Office hours variable&lt;br&gt;Phone access:&lt;br&gt;M-F 9AM-6PM</td>
<td>• Free for all services</td>
<td>• Anyone is eligible&lt;br&gt;• No U.S. government-issued ID needed&lt;br&gt;• Call to schedule appointment</td>
</tr>
<tr>
<td><strong>Turnstone Center for Children &amp; Adults with Disabilities</strong>&lt;br&gt;3320 N. Clinton St.&lt;br&gt;Fort Wayne, IN 46805&lt;br&gt;260-483-2100&lt;br&gt;www.Turnstone.org</td>
<td>Free birth to 3-years-old developmental screenings for:&lt;br&gt;• Speech and language skills&lt;br&gt;• Feeding skills&lt;br&gt;• Sensory processing/integration&lt;br&gt;• Fine motor skills&lt;br&gt;• Gross motor skills&lt;br&gt;• Self-help skills&lt;br&gt;Pediatric Therapy:&lt;br&gt;• Physical&lt;br&gt;• Occupational&lt;br&gt;• Speech</td>
<td>M-TH 6:30AM-8PM&lt;br&gt;F 6:30AM-5:30PM&lt;br&gt;SAT 9AM-2PM&lt;br&gt;Pediatric Therapy services &amp; screening:&lt;br&gt;M-TH 8AM-6PM&lt;br&gt;Bus route:&lt;br&gt;8/Glenbrook</td>
<td>• Sliding-fee scale based on income&lt;br&gt;• No fee for developmental screenings&lt;br&gt;Payment methods accepted:&lt;br&gt;• Medicaid&lt;br&gt;• Private insurance&lt;br&gt;• CSHCS</td>
<td>• Call office or check website for requirements&lt;br&gt;• No U.S. government-issued ID needed&lt;br&gt;• Call to schedule appointment&lt;br&gt;• Uninsured and underinsured patients welcome from any county</td>
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Call agencies to verify their hours, language services, and requirements for services. Bus routes subject to change. Visit www.FWCitilink.com for latest schedule.
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<td><strong>United Way 2-1-1 Help Line</strong>&lt;br&gt;Sponsored by United Way of Allen County&lt;br&gt;260-744-0711&lt;br&gt;1-877-502-0700 (toll free)&lt;br&gt;www.MyUnitedWay2-1-1.org</td>
<td>• General information on organizations for financial and medical assistance, counseling, patient assistance, and a variety of other services</td>
<td>M-F 7AM-5PM&lt;br&gt;*Calls answered 24/7&lt;br&gt;Bus Routes: 3/Village Woods&lt;br&gt;8/Calhoun</td>
<td>• Free</td>
<td>• No U.S. government-issued ID needed&lt;br&gt;• Anyone is eligible</td>
</tr>
<tr>
<td><strong>WIC (Women, Infants and Children)</strong>&lt;br&gt;Sponsored by Neighborhood Health Clinics&lt;br&gt;Call for all location appointments: 260-458-2641&lt;br&gt;1717 S. Calhoun St.&lt;br&gt;Fort Wayne, IN 46802&lt;br&gt;3350 E. Paulding Rd.&lt;br&gt;Fort Wayne, IN 46816&lt;br&gt;www.fns.usda.gov/wic</td>
<td>• Supplemental nutrition program&lt;br&gt;• Breast feeding support&lt;br&gt;• Peer counselors&lt;br&gt;• Staff assistance with breast pumps&lt;br&gt;• Nutrition education classes and food demonstrations&lt;br&gt;• Assistance with applying for marketplace insurance and Medicaid</td>
<td>M 8AM-7PM&lt;br&gt;T 8AM-5PM&lt;br&gt;W 8AM-7PM&lt;br&gt;TH F 8AM-5PM&lt;br&gt;Bus Routes: 3/Village Woods&lt;br&gt;6/McKinnie/Franke Park&lt;br&gt;8/Calhoun&lt;br&gt;9/Brooklyn/Taylor</td>
<td>• Free</td>
<td>• Pregnant women, women, infants, and children ages 1-5 years old</td>
</tr>
<tr>
<td><strong>Women’s Care Center</strong>&lt;br&gt;www.WomensCareCenter.org&lt;br&gt;24-Hour Line: 260-424-9377&lt;br&gt;Spanish Line: 260-420-8232&lt;br&gt;419 E. Wayne St.&lt;br&gt;Fort Wayne, IN 46802&lt;br&gt;4600 W. Jefferson Blvd.&lt;br&gt;Fort Wayne, IN 46804&lt;br&gt;260-203-5476&lt;br&gt;921 W. Coliseum Blvd.&lt;br&gt;Fort Wayne, IN 46808&lt;br&gt;24-Hour Help Line: 260-483-8918</td>
<td>• Free pregnancy testing/counseling&lt;br&gt;• Classes on parenting, birth preparation, and healthy relationships&lt;br&gt;• Limited ultrasound&lt;br&gt;• Referrals to doctors and community resources&lt;br&gt;• <strong>Crib Club:</strong> Baby furniture, clothing and supplies program, funded and operated by Christ Child Society (see pg. 34)&lt;br&gt;• <strong>Adoption Support Center:</strong> Provides on site assistance by helping clients wanting to know more about adoption process</td>
<td>M-F 9AM-5PM&lt;br&gt;Bus Route: 2/Times Corner</td>
<td>• Free</td>
<td>• No U.S. government-issued ID needed&lt;br&gt;• For pregnant women and new moms and dads&lt;br&gt;• Appointments preferred&lt;br&gt;• Walk-ins welcome</td>
</tr>
</tbody>
</table>

Call agencies to verify their hours, language services, and requirements for services. Bus routes subject to change. Visit www.FWCitilink.com for latest schedule.
<table>
<thead>
<tr>
<th>Organization/Agency</th>
<th>Services</th>
<th>Hours</th>
<th>Payment</th>
<th>Eligibility</th>
</tr>
</thead>
</table>
| **Women’s Health Advantage** | • Obstetrics  
• Gynecology  
• FMLA/Disability paperwork  
• Mammography  
• Birth control services  
• Infertility  
• Pregnancy tests  
• Full pregnancy care  
• Ultrasounds  
• Infant non-stress testing (NST)  
• Full range of prenatal tests available  
• High risk counseling | M-F 8:30AM-5PM | • Vary by service provided  
• Insurance welcome, but not required | • No U.S. government-issued ID needed  
• Photo ID required |
| **Georgetown**  
6418 E. State Blvd.  
Fort Wayne, IN 46815 | | | |
| **Parkview North**  
11141 Parkview Dr., Suite 325  
Fort Wayne, IN 46845 | | | |
| **Perinatal Center**  
2518 E. Dupont Rd.  
Fort Wayne, IN 46825  
260-969-6881  
For after hours call: 260-432-4400 | • Obstetrics  
• Gynecology  
• FMLA/Disability paperwork  
• Mammography  
• Birth control services  
• Infertility  
• Pregnancy tests  
• Full pregnancy care  
• Ultrasounds  
• Infant non-stress testing (NST)  
• Full range of prenatal tests available  
• High risk counseling | | |
| **Southwest**  
7988 W. Jefferson Blvd.  
Fort Wayne, IN 46804 | | | |
| **Women’s Health Link**  
2126 Inwood Dr.  
Fort Wayne, IN 46815  
260-203-2365 | • Obstetrics  
• Gynecology  
• FMLA/Disability paperwork  
• Mammography  
• Birth control services  
• Infertility  
• Pregnancy tests  
• Full pregnancy care  
• Ultrasounds  
• Infant non-stress testing (NST)  
• Full range of prenatal tests available  
• High risk counseling | M-F 9AM-4PM  
Bus Route: 4/Parkview | • Free | • No U.S. government-issued ID needed  
• Ages 15-25  
• Call for appointment  
• Walk-ins also welcome |
| **SPANISH**  
By appointment only | | | |
| **YoungLives**  
*A Christian outreach ministry for teen mothers*  
St. Joseph Community Church  
2900 N. Anthony Blvd.  
Fort Wayne, IN 46815  
260-413-4861 | • Provides a safe community with other teenage mothers and adult mentors  
• All participants have an individual mentor  
• Monthly bible study and monthly activity nights (childcare and dinner provided)  
• Additional activities to build community throughout the year including a week long summer camp opportunity in Michigan | TH* 6PM-8PM  
*During school year | • Free for all programs except Summer camp  
• Scholarships and fundraising opportunities for camp | • No U.S. government-issued ID needed  
• All teenage mothers are eligible between the ages of 13-21 |
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www.phjc.org

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Disclaimer:
The contents of this directory of quality, low-cost services is not an endorsement of providers. Users are encouraged to take responsibility for their own decisions on their choice of providers and the services they utilize.
BabiesLove.org
Get FREE help right from your smartphone

Resource for free & low-cost healthcare services in the Fort Wayne Community

Get your copy
260-969-2001 ext. 211 | directory@sjchf.org | sjchf.org

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www.HealthCareDirectory.org