Many thanks to the following contributing editors:

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- Graduate & Professional Student Fed’n(GPSF): Heath Sledge, Kaitlyn Wilson
- Carolina Women’s Center (CWC): Donna Bickford, Ashely Fogle
- UNC Human Resources Work Life & Wellness: Aimee Krans
- Parents As Law Students (PALS):
- Families As Med Students (FAMS):
- Kenan Connection (KB):

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UNC-CH SPA Co-Presidents May Li Shih (Graduate & Professional Students) & Maya Foster (Undergraduate Students); Sara Stahlman on behalf of the UNC-CH SPA Advisory Board; Miriam Pulsipher, Leyton Prentice, Sandy Joyner, and Anali Gaytan on behalf of the UNC-CH SPA Executive Board. Lastly, but most importantly, this guide would not be as complete without the generous input of countless Tar Heel parents and parents-to-be.

Please submit comments/suggestions to: ParentingResourceGuideEditor@gmail.com
Last edited March 2011
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The purpose of this guide is to provide practical resources to UNC students who are parenting, pregnant, or planning a pregnancy. This guide brings together resources from the University and the local community that exist to support parents. The guide is not an exhaustive list, and if you find a resource not listed or in need of updating, please contact the Student Parent Association at UNC-Chapel Hill.

Groups that contributed to the guide’s creation include the Carolina Women’s Center, Counseling and Wellness Services, the APPLES learning program, Graduate and Professional Student Association, UNC’s Human Resource office of work/life balance and the members Student Parent Association (formerly known as the UNC Support Group for Pregnant and Parenting Students). Members from each organization have contributed their experience and knowledge in an effort to make higher education more accessible for students engaged concurrently in parenting. Special thanks to the original creators of the document: Corrie Piontak, Heath Sledge, Kaitlyn Wilson, Donna Bickford, Ashley Fogel, Aimee Krans, Sara Stahlman and all the marvelous parents in who have provided their ideas, time and encouragement.
CHILD CARE RESOURCES

Child Care Services Association (CCSA) (919) 403-6950. Administers the UNC Childcare Financial Assistance program and provides referrals for local childcare. CCSA is also involved in policy formation and the support of local childcare workers. The web site provides information about how to evaluate quality childcare care and provides an online request form for childcare referrals. Workshops are offered monthly at the UNC Women's Hospital to answer any questions about finding or funding childcare. Please call to verify times and locations as these dates are current for the 2010-2011 academic year: 1st TUE, 6:30PM-7:30PM, 3rd TUE, 12:30PM-1:30PM.

Victory Village (919) 929-2662, (919) 403-6950. The University Child Care Center is operated by Victory Village, Inc., an independent, non-profit organization contracted by the University. Victory Village is located at the Friday Center and serves the children of students, faculty and staff of UNC-CH and UNC Health Care Systems. Maximum capacity is 120 children ranging in age from 0-5 with care available from 6:30AM-6:00PM year-round. Cost: Contact Victory Village. Limited scholarships are available.

Contact the UNC Office of Human Resources for additional information on any of the above programs.

Carolina Parent A Triangle-wide parenting publication that maintains online directories of preschool/childcare programs, K-12 education resources, summer camps and track-out programs. It publishes these directories and has an annual summer camp fair. See the web site for details or obtain a free copy at local retail locations.

Additional resources for finding quality child care NC Division of Child Development, Department of Health & Human Services Childcare Search, Smart Start, Head Start, National Network for Child Care North Carolina Health Info
Resources for Financial Assistance with Childcare

**Child Care Financial Assistance Program.** Funded by the Chancellor's Child Care Advisory Committee (CCAC) and administered by the Child Care Services Association (CCSA). To be eligible, students must be enrolled full-time in a degree-seeking program and meet income requirements (available online). The types of care covered under the program are full or part-time care in a registered family day care or licensed center, after school care, and/or summer care in a regulated program. Funding is limited and there is a waiting list so apply as early as possible. Applications are available online—fax to (919) 404-6959 or deliver to the Chapel Hill office. Call CCSA at (919) 403-6950 or the UNC Human Resources Work-Life and Wellness Manager at (919) 962-6008 with questions.

**Department of Social Services Subsidy** (919) 968-2000 or (919) 245-2800. The Child Care Subsidy Program is operated by the Orange County Department of Social Services in Hillsborough and provides a child day care voucher for each eligible child. The amount of the voucher is determined by the DSS. Priority is given to working parents; however, if funds are available, full-time undergraduate students are considered. Eligibility requirements include meeting income and work/school criteria. Dispersal of subsidies is based on eligibility, need for childcare and availability of funds. A waiting list is standard so apply as soon as you know you will need care.

**Office of Scholarship and Student Aid** (919) 962-8396 M-F, 9AM-4PM or aidinfo@unc.edu You may be eligible for additional loan funds to cover the cost of childcare. To qualify you must submit a receipt from your childcare provider indicating for whom the care is provided, the hours provided and the cost of care. The cost will be added dollar for dollar to your budget. If you are eligible for additional Stafford loans those will be awarded automatically. If you have utilized all of these funds you will be responsible for applying for a private loan. A private loan lender list is available in the office and online.
Chapel Hill-Carrboro City Schools (CHCCS)

General Enrollment  Begins early February before the specified school term, but can occur at any point during the year. The parent/legal guardian of the child must go to the Lincoln Center and turn in the three required registration forms along with additional information on the registration checklist (see website)*. District school assignment maps and individual schools’ webpages are also located on the CHCCS website. Bus schedules are posted online in early August of each year and published in the local newspapers the week prior to school beginning—if your child does not have a convenient bus stop, call the transportation office as they are often unaware of the need and can accommodate by adding an additional stop.  *Note that a health assessment form is required for all Kindergartners. It does not need to be finished to ensure registration, but must be completed by a physician and given to the child’s school by the first day of class.

Chapel Hill-Carrboro City Schools Admin. Offices  (919) 967-8211 x28268
750 S. Merritt Mill Road, Chapel Hill, N.C. 27516

Pre-K Enrollment  This is a separate procedure offered through Head Start, More at Four and Exceptional Education. Head Start programs operate from 7:30AM-5:30PM, while the other two only operate from 7:30AM-2:30PM (standard elementary day) and charge an extra $300 for extended care until 5:30PM. Tuition is $925/month. Tuition assistance is funded through Childcare Services Association (919) 967-3272 or the Department of Social Services (919) 968-2000 voucher programs. Further information about eligibility & enrollment procedures can be found online.

After School Care for Elementary Aged Children  Offered at all elementary schools. Spaces in elementary after-school programs are offered in the order registration forms are received, with priority given to enrolled students and their siblings. Forms are sent home with all Pre-K-4th grade students in the spring or can be obtained from the Afterschool Office in Lincoln Center. The programs operate from 2:30-6PM M-F with additional camps during Teacher Workdays and Spring Break. Registration fee is $40 with $105 deposit. Monthly tuition is $210 per child, but prices change yearly so call for the updated amount. Tuition assistance is available for undergraduate or working students through the Community Schools Program. (919) 967-8211 ext.28280.

After School Care for Middle School Aged Children  CHCCS middle schools offer free after-school programs when funding is available. The program operates M-H 3:10PM-5:30PM. Bus transportation is available to all students enrolled. Enrollment forms can be obtained from the individual schools approximately two weeks after school begins in the fall. Contact the school directly for details on this program.

Other Local School Systems Durham Public Schools, Wake County Schools, Orange County Public Schools, Private and Charter Schools
RESOURCES FOR FAMILIES WITH SPECIAL NEEDS

North Carolina Division of Child Development & Mom2Mom

Family Support Network of North Carolina  A state-wide program that can help to put you in touch with parents in similar situations, provide a ‘listening ear,’ and provide free information about resources in your community. All services are confidential.

TEACCH Autism Program of UNC  Provides evidence-based diagnostic and treatment services, training, counseling, support groups, and research to support individuals with autism and their families.

Autism Society of North Carolina  Provides support and opportunities to individuals with autism and their families through recreational opportunities, educational resources, training, and advocacy.

The Arc of Orange County  Advocacy services for persons with developmental disabilities.
UNC Office of Scholarships and Student Aid (OSSA). This office awards all undergraduate student financial aid (both need based and merit based) and loan funding to graduate and professional students. All other funding for graduate students comes through the students’ individual departments. In addition to awarding funds, the OSSA also provides budget information about cost of attendance for all of UNC’s programs. Financial Aid counselors are available year-round for walk-in appointments or can answer questions by phone or via email. Deadlines are very important when applying for aid. See website for current deadlines. Failure to complete paperwork on time does not make you ineligible for assistance, but aid is awarded on a first-come basis and failing to complete paperwork by the deadline will affect the amount of aid received and time it takes to process your application (funds may not be available when the academic year begins). Awards are made for the upcoming academic year beginning in May and continuing throughout the academic year.

How to apply for aid as an undergraduate student

- Complete the FAFSA (Free Application for Federal Student Aid) online and submit to UNC by February 15th to ensure the application is processed and submitted to UNC by March 1st.
- Complete the CSS/PROFILE online by March 15th. There is a charge to complete (currently approx $20); a limited number of fee waivers are available. Contact the OSSA for details.
- All incoming freshman are considered for merit based aid through the University. Unfortunately transfer students are not eligible. For additional information regarding available scholarships that are not administered by UNC, a Scholarship Resource Center staffed by graduate students is located in 117 Vance Hall and is open M-F, 9AM-5PM.

How to apply for aid as a graduate or professional student

- Complete the FAFSA (Free Application for Federal Student Aid) online and submit to UNC by February 15th to ensure the application is processed and submitted to UNC by March 1st. Late applications for graduate students do not affect the amount of funding, only the time it takes to process.
- UNC Grant Source Library located at 307 Bynum Hall can provide information on Grant funding options. Office hours are M-F, 8AM-5PM. Regular workshops on how to find funding are held throughout the academic year. For more information: (919) 962-3463, gs@unc.edu

Summer financial aid for all students Loan funding is available to students taking a minimum of 2 credit hours each summer session. Application forms are available online and in the office in late February/early March, and must be returned to OSSA by April 1st.
Financial aid for distance-learning and part-time students  Limited funding is available for part-time students. The application process is the same as outlined above. Note that distance courses with start and end dates that correspond to the UNC semester calendar are eligible for federal aid, but self-paced courses are not.

Emergency loans  The OSSA offers short-term, interest-free loans for all students, designed to meet unexpected short-term financial needs. Loans are up to $500 for undergraduates and $800 for graduates. Applications are available online or in the office. If completed by noon, the application will be processed and funds available within 3 business days. These funds cannot be used to pay tuition or charges due to the University and must be paid back in full by the end of the current term.

Graduate Student Opportunity Fund  Assists UNC-CH graduate students with unusual and unexpected expenses for which no other funds are typically available. A private donor initiated this fund to help students from incurring large debt burdens during their graduate education. Doctoral students and master's degree students enrolled in an UNC-Chapel Hill graduate program are eligible. Students who have received funding from the Graduate Student Opportunity Fund within the previous three years are not eligible. Application is online; address questions to Beverly Wyrick.

Student Emergency Fund  Administered through the Division of Student Affairs and provides assistance to all UNC-CH students by providing immediate financial support when unexpected expenses arise due to situations such as accidents, illness, death of a family member, fire damage or temporary housing. Applications must be submitted to the Office of the Dean of Students and will be reviewed by The Emergency Fund Committee. Funds are distributed within an average range of $250 to $500. The committee will review applications requesting in excess of $500 for unique and unusual circumstances of emergency financial need. The number of students in need who can be served by the Student Emergency Fund is subject to the availability of funds. Contact the Dean of Students (919) 966-4042 for additional assistance.

The Orange County Social Services Department  This office offers a number of assistance programs that students may be eligible for. Eligibility is based on income and requires an application through the Department of Social Services. Durham, Wake, Alamance and other counties bordering Chapel Hill have identical programs. Contact the county level DSS for details on applying.

Food Stamps  Students who are the primary caretaker for a child under the age of 12 will have the work requirement waived. The grants/scholarships received to pay for educational expenses are considered income. You must obtain a verification form from the DSS and have it completed by a financial aid counselor at UNC. Applications must be completed in person M-F 8AM-5PM at the Hillsborough or Chapel Hill office.

Woman, Infant and Children (WIC) Nutrition Program  (919) 707-5800. Provides basic food products for pregnant or nursing women and children (up to 5 years old). Families with incomes at 185% or less of the federal
poverty guidelines are eligible. Vouchers can be redeemed for milk, peanut butter etc. and can be used at the Farmer’s Market to purchase fresh vegetables. Nursing mothers can also borrow breast pumps. Applications are available at either office. Certification periods:

- **Pregnant women** are certified for the duration of their pregnancy up to 6 weeks postpartum. Afterwards, women may seek re-certification either as a postpartum or breast-feeding woman.
- **Non-breast feeding postpartum women** are certified until 6 mos. postpartum.
- **Breast feeding postpartum women** are certified for 12 months postpartum.
- **Infants** are certified for up to 1 year.
- **Children** are certified every 6 months until 5 years of age.

**Low Income Energy Assistance Program (LIEAP)** Individuals receiving food stamps are automatically eligible for this program. A 1-time cash assistance check is provided in the winter/spring of each year to assist with heating costs. The amount varies per year and notification is sent from the department before the check is mailed. Applications are taken for 2 weeks in Nov. Contact Orange Co. Department of Social Services for application dates.
HEALTH CARE RESOURCES

Health Insurance for Full-Time UNC Students All UNC students are required to have health insurance coverage. The UNC system endorses a cost-effective Student Health Insurance Plan that covers most health care expenses not covered by the Campus Health Fee. A verified waiver is required each semester if you do not wish to participate in the UNC system-wide student health insurance plan. Campus Health Services will be considered an out-of-network provider for all insurance companies except the UNC system wide insurance plan and the Student Blue Plan for RAs and TAs. These plans do offer coverage for spouses and dependent children. If a student wants to add a dependent child, it is a qualifying event. Documentation must be provided within 31 days of the birth or adoption.

NC Health Choice Insurance for Children Designed to provide comprehensive health care coverage to children from low income families (currently up to 200% of the federal poverty guidelines, but this is subject to change). The plan covers basic medical care, all preventative and well check-ups, emergency care, dental care and mental health care services. A yearly enrollment fee of $50 per child, not to exceed $100 per family is charged at the time enrollment begins. The program is administered through Blue Cross Blue Shield of North Carolina, but applications must be completed through the Orange County Department of Social Services, either in person or via the mail. Call 1-800-662-7030. Enrollment form and current eligibility information and applications can be found online.

Medicaid for Low Income Families (919) 245-2800. Uninsured, low income parents (including pregnant women) & children who do not qualify for NC Health Choice may be eligible for NC Medicaid. Same application process as what’s required for NC Choice, but no enrollment fees or co-pays needed. Application online; contact Orange County Health Department for more details.

*Unborn child is counted in family size.

Private Health Insurance The largest insurer in the area is Blue Cross Blue Shield of North Carolina. The website provides a variety of information about buying private health insurance.
Low-Cost Health Care

**Campus Health Services** (919) 966-2281. For full-time students only. Provides a comprehensive range of services including women’s and men’s health, mental health, allergy/asthma care, sports medicine, dermatology and pharmacy services. Basic services are offered for free to any student who pays the required Health Fee (i.e. all full time students). Specialty services are provided at additional charge. All fees must be paid at the time service is received unless students have the system-wide student health insurance plan or the Student Blue plan through Hill, Chesson and Woody. Any unpaid fees at the end of each term will be transferred to the student’s account and a block will be placed on registration until the fees are paid. Fee information and a list of services can be found online.

**Family Medicine** The Department of Family Medicine at UNC offers care to adults and children at their location in Chapel Hill. Fees must be paid at the time of service and Medicaid/NC Health Choice are accepted. Lactation consultation services and home visits within a 20-minute radius of the Center are offered for a fee, but there is no charge for lactation telephone consults. The clinic is on south campus, easily accessible from anywhere on campus or via bus line. For more information on lactation services, contact: Barbara Hotelling, RN/BSN/MSN (919) 966-2109.

**Piedmont Health Services** Piedmont Health Services operates a large community health clinic in Carrboro and smaller clinics in and around the Chapel Hill area. Health care services offered include primary care, dental care and administration of the WIC program. Fees are based on a sliding scale.

**Student Health Action Coalition (SHAC)** (919) 843-6841. A student-run organization with the goal of providing free health services to local under-served individuals, and to give students studying the health sciences at UNC the opportunity to serve the community. SHAC provides a number of services including physicals, comprehensive women’s health exams, vaccinations, lab services and acute care for minor medical issues. Special clinics held monthly (complete list of services on website, including free dental clinic). Clinics are held on W night at the Carrboro Community Health Clinic.

**Dental Clinics** The UNC Dental School offers clinics staffed by students and faculty for the Chapel Hill community. Spaces fill up quickly and admission is based on lottery for some of the most popular clinics. Verify admission process online each academic year. Fees are due at the time of service and based on procedure performed--a less expensive option than a private practice.
Pediatric Health Care

**Chapel Hill Children’s Clinic**  Located in Southern Village and accessible via the V & NS bus routes. After hours and weekend walk-in sick clinics are available. A Spanish speaking interpreter is also available M-F during regular clinic hours.

**Chapel Hill Pediatrics**  Located in Chapel Hill close to I-40 on Sage Road and accessible via the Chapel Hill Transit system. There is also an office in Durham. Urgent Care clinic is available after 5pm on weeknights and on the weekend. Certain providers accept Medicaid and NC Health Choice. Verify coverage at time appointment is made.
Mental Health Resources

Counseling and Wellness Services  (919) 922-3658. Individual, couples & group therapy, urgent consultation & crisis intervention, medication evaluation and management. Nutritional counseling, alcohol & substance abuse counseling, stress management, & human sexuality services (including HIV testing).  Cost: Students who pay the mandatory student health fee are eligible for all services.

UNC Clinical Psychology Program  Services for children, couples and families are offered at two locations within Chapel Hill.  Cost: Effective Spring of 2008, standard clinical charge was $60 per visit, but a sliding scale fee based on income is available. Inquire via phone for details on the sliding scale fee application process.

Additional Health Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Services (Orange County Health Department)</td>
<td>(919) 968-2022 ext.303</td>
</tr>
<tr>
<td>CARE-LINE</td>
<td>(800) 662-7030</td>
</tr>
<tr>
<td>Orange County Department of Social Services</td>
<td>(919) 245-2800</td>
</tr>
<tr>
<td>Planned Parenthood - Chapel Hill</td>
<td>(919) 942-7762</td>
</tr>
<tr>
<td>American Psychological Association</td>
<td>(800) 964-2000</td>
</tr>
<tr>
<td>NC Psychological Association Psychologist Location Service</td>
<td>919-872-1005</td>
</tr>
</tbody>
</table>
# NURSING AND LACTATION RESOURCES

## Lactation Rooms on Campus (Maps)

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooks Building, Room FB 137 Computer Science Dept</td>
<td>Brian White 962-1786 or Dorothy Turner 962-1922</td>
<td>Lockable room with comfortable chair, sink &amp; small refrigerator.</td>
</tr>
<tr>
<td>Carolina Women’s Center 215 W. Cameron Avenue Carriage House</td>
<td>962-8305</td>
<td>Hospital-grade breast pump available.</td>
</tr>
<tr>
<td>Center for Women’s Health Research 104B Market St (Southern Village)</td>
<td>843-7720</td>
<td>No pump available.</td>
</tr>
<tr>
<td>School of Education – Peabody Hall, Room 212C</td>
<td></td>
<td>Room should be open. If room is locked, Business or Dean’s Office will open the room.</td>
</tr>
<tr>
<td>Lineberger Comprehensive Cancer Center</td>
<td>Wendy Sarratt 966-8643</td>
<td>No pump available. Curtained space in shower room, first floor restroom. Push door to open.</td>
</tr>
<tr>
<td>MacNider Hall, Room 310</td>
<td>966-1321</td>
<td>This room locks from inside. There is a door sign to indicate occupancy. Sink, no pump.</td>
</tr>
<tr>
<td>Murphy Hall, Room 004</td>
<td>962-7191</td>
<td>Key available in Rm 212 (must have UNC OneCard). No pump.</td>
</tr>
<tr>
<td>North Carolina Botanical Garden 100 Old Mason Farm Road</td>
<td>962-0522</td>
<td>N/A</td>
</tr>
<tr>
<td>School of Public Health, 227A Rosenau Hall</td>
<td>Sue Cotcamp 966-5978</td>
<td>Two hospital-grade pumps</td>
</tr>
<tr>
<td>Frank Porter Graham Student Union, Room 3200</td>
<td>962-2286</td>
<td>Key available at Student Union Information Desk. No pump.</td>
</tr>
<tr>
<td>Wilson Hall, Room G-32</td>
<td>N/A</td>
<td>Code available from Jason in room B-31. No pump available.</td>
</tr>
</tbody>
</table>

## Breast Pump Rental & Purchase

**Nursing Mothers of Raleigh** Maintains a comprehensive list of lactation support services, including pump rental/purchase and individual lactation consultants. They also rent Ameda hospital-grade pumps and sell a variety of other brands. Contact Kathryn (919) 277-0648, Tara (919) 217-4259, Mary (919) 847-4903, or Elaina (919)-572-6674. **Women’s Birth and Wellness Center** Rents and sells a variety of breast pumps.
Triangle Lactation Consultants  Rents and sells a variety of breast pumps to mothers in Raleigh and Chapel Hill. Also provides lactation consultant services.

Nursing Support Groups

La Leche League (919) 755-6400. Holds monthly meetings throughout the Triangle and offers ongoing phone support. Consult website for more resources.

The Women’s Hospital  Provides prenatal & breastfeeding classes, outpatient consultations, and a Phone Support Line:  (919) 966-4148.

Nursing Mothers of Raleigh  Community volunteer breastfeeding support group that offers monthly meetings for women, children & couples and phone/email support.

WakeMed Mother’s Milk Bank  (919) 350-8599. Donated human milk provided by Rx. Donors/volunteers needed.
PREGNANCY RELATED RESOURCES

Childbirth Educators  Information provided by the Women's Birth & Wellness Center of Chapel Hill and classified by area. Call the center for the most updated list. This list is effective May 2008.

Carrboro/Chapel Hill
Svea Oster (919) 929-8282. Women’s Birth Center classes, MLK Blvd. in Chapel Hill
Paula Huffman RN (919) 942-6965. Private & group classes
paula@hillsboroughyoga.com
Preparing for the Stork (UNC Healthcare) (919) 843-1759.

Durham  Better Birth Partners: private or group classes
Michelle McClafferty ICCE: (919) 233-4718;  Sheryl Mika ICCE: (919) 618-9963
Susan McClutchey HCHI: Hypnobabies (919) 806-8560
Tara Owens LCCE: Lamaze (919) 684-2648

Raleigh/Cary  Betty Jo Arnold, ICCE: Private, Group and Refresher Courses (919) 552-3298
Lamaze of Cary (919) 677-8585;  Cherri White (Bradley Method) (919) 559-2264
Ann Tumblin LCCE: Lamaze/Private & Wake Medical Center Classes (919) 362-5517

Doulas  Triangle Mother Care Postpartum Doula Services
Women’s Birth & Wellness Center (Chapel Hill)  UNC Birth Partners

Pregnancy Support Services  CH: (919) 942-7318, Durham: (919) 490-0203. Email
A nonprofit organization that offers free resources to parents in the community including free maternity clothing, first trimester ultrasounds, baby clothing and layette items, and nursery items. Parenting classes include breastfeeding instruction, a baby basics class, and a first time mother class. They maintain a campus branch, Carolina Hope, in the UNC Student Union. Please note that this organization does have strong political views around the issue of abortion that some students might find controversial. However, their other services are valuable and worth utilizing.

The Triangle Birth Network Grassroots organization and referral service for expecting mothers in the triangle. Members include professionals trained in lactation counseling, childbirth education, labor support, massage therapy, mental-health counseling, pediatrics and more. The goal is to provide women with information on all options regarding childbirth.

Support for Pregnant and Postpartum Women  A confidential peer support group conducted through the Perinatal Psychiatry Program at UNC is open to all women with depression during pregnancy and/or postpartum. Contact Christena Raines RN/MSN (919) 966-3115.
Student Parent Association (formerly the UNC Pregnant and Parenting Support Group) was founded in the fall of 2007 to provide support to pregnant and parenting UNC students. This includes, but is not limited to peer support, provision of information and resources, and educational opportunities relating to issues surrounding pregnancy and parenting. Meeting times and events are determined at the beginning of each term. Past events have included a homecoming weekend picnic, potluck dinner, morning coffee social and monthly meetings. The main mode of communication for the group is via email. Please contact Ashley Fogle, Associate Director of the Women’s Center or co-Presidents Maya Foster (Undergraduates) and May Li Shih (Graduate & Professional Students) for additional information.

Carolina Women’s Center Acts as a positive gathering place and resource hub for women on campus. A lending library stocks a number of books on parenting issues. The center also sponsors a yearly ‘parents day out’ program for students on campus.

Attachment Parenting International- Triangle Area Chapter Provides educational, emotional and practical support to parents who practice attachment/continuum parenting. Contact Joanna and Mark Glass (919) 917-7021.

Chapel Hill/Carrboro Mothers Club Offers an informal group for area parents.

Holistic Moms’ Network Nonprofit support and discussion network for moms with an interest in natural/holistic and alternative health and parenting. Meetings and playgroups occur regularly in the local chapter.
LEGAL RESOURCES

**The Women’s Center in Chapel Hill** (not UNC-affiliated) (919) 968-4610. Provides resources for women in the community including Legal Information Services and free legal workshops. Past topics have included divorce, custody & child support, and property division. The center also houses a resource room and offers community support groups.

**The Family Violence Prevention Center** Provides assistance to women dealing with domestic violence by providing legal referrals, support and practical resources. Their support staff will walk you through the process of obtaining a restraining order, including assigning a support person in the courtroom and provide a referral to Legal Aid of North Carolina.

**Legal Aid of North Carolina** (866) 219-5262. This is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income persons in order to ensure equal access to justice and to remove legal barriers to economic opportunity. They provide legal advice and representation on a variety of issues including housing, family issues, social services (denials), child custody, and domestic violence.

<table>
<thead>
<tr>
<th>Additional Legal Resources</th>
<th>Phone Numbers</th>
</tr>
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<tbody>
<tr>
<td>Child Support Enforcement (Orange County DSS)</td>
<td>(919) 967-9251 ext. 2175</td>
</tr>
<tr>
<td>Lawyers Referral Service (NC Bar Association)</td>
<td>(800) 662-7407</td>
</tr>
<tr>
<td>Legal Information Services (The Women's Center)</td>
<td>(919) 968-4610</td>
</tr>
<tr>
<td>Mediation Services (Dispute Settlement Center)</td>
<td>(919) 929-8800 ext.13</td>
</tr>
</tbody>
</table>
OTHER RESOURCES

On-Campus Housing:

**Baity Hill Student Family Housing** An apartments community dedicated to graduate students and student families. The community includes 1 and 2 bedroom apartments on the south side of UNC’s campus. The rental fee covers all utilities, however an additional fee is charged for parking. Most units have full sized washer/dryer hook ups and community laundry facilities are available in each building. The community also has an enclosed playground, outdoor basketball courts and walking trails. Rates for the 2010-2011 academic year range from $850 – 960/month. Applications are available online and a waiting list is not uncommon so apply as soon as possible

Transportation

**Chapel Hill Transit Bus System** Offers free bus service for all residents. A schedule is available online or from any bus driver.

**Zip Car** Allows students to rent cars on an hourly or daily basis. After paying a registration fee of $35, the 2010-2011 rates are as follows: $7 per hour and $60 per day, plus 30¢ per mile after 180 free miles.

**On Campus Parking Permits** Students receive these via a lottery. Registration for the lottery is in late spring of each year. Permits are good for one year and designate a specific lot that a student must park in. If a student is not awarded a permit, but feels that their situation makes one essential a hardship parking application can be completed and submitted to campus police for review ([applications](#) online) Only students living farther than 2 miles from campus are eligible for permits.

**Commuter Alternative Program** Allows students to use the city’s Park and Ride lots. Buses run from these lots during peak hours without stopping at all stops. CAP holders are also provided with two free vouchers for on campus parking per academic year. The program is free, but requires yearly registration.

Other Online Resources

[Mom2Mom](#) Online Community and Blog
[Triangle Mommies](#) Online Community
[Carolina Parents](#) (local Parenting publication)
[Mothering Magazine](#): Magazine of Natural Family Living
[Mamaphonic](#) (geared towards parents in the arts)
[Girl-Mom](#) (geared toward younger parents)
Local Family Fun

**Kids’ Yoga**  [Triangle Yoga](#)  [Carrboro Yoga Company](#)

**Hiking and State Parks**  [NC Botanical Gardens](#)  [Duke Gardens](#)  [Umstead State Park](#)  [Eno River State Park](#)  [Duke Forest](#)

Both the [Chapel Hill](#) and [Carrboro Parks and Recreation](#) departments offer a variety of services for toddlers through high school including sport leagues, enrichment courses and swim lessons. Chapel Hill also maintains two public pools and a number of public gyms while Carrboro has a community Library (community use computers). Sliding Scale fee payment is available for all programs. The website also maintains a list of parks and greenways.

**UNC Campus Recreation**  Spouses and children of full time students are eligible to use Campus Recreation facilities by purchasing a One card. Privileges are purchased by the semester and allow for use of gyms, pools, etc. Separate pool only privileges can also be purchased.

**Chapel Hill Public Library**  Hosts a number of activities for children including toddler story times, a summer reading program, and teen events. They also maintain separate websites for children and teens with information tailored to the specific age group.

**Ackland Art Museum**  UNC’s art museum that hosts a FRI evening pajama story time sessions during the academic year & participate in the Chapel Hill wide ‘Art after Dark’ on the first FRI of every month. They host Family Fun Tours the 4th SUN of each month at 1:15PM, and Drawing for Kids the 2nd SAT of each month from 10AM-12PM.

**Basketball Museum**  Essential education for future Tar heels!

**Morehead Planetarium and Science Center**  Located on the UNC Campus bordering Franklin Street and has daily planetarium shows in addition to story times, classes, clubs and summer camp programs.

**Kidzu Kids Museum**  A hands-on, interactive museum for kids aged 8 & under.

**Museum of Life and Science**  Located 20 minutes from Chapel Hill, this museum has a butterfly house, outdoor play area and train, as well as the traditional science
museum. They also offer classes and summer camps (scholarships are available).

**North Carolina Museum of Natural Science** Located in downtown Raleigh, free admission. Exhibits include information about North Carolina habitats, native animals and insects. There are also huge dinosaurs and outdoor areas for picnics.

**North Carolina Museum of History** Located across the plaza from the natural history museum (although it may be challenging to see both in one day) and is also free! They maintain a chapter of junior historians for children.

**Weaver Street Market** (919) 929-0011. A locally owned co-op in Carrboro. During the spring and summer months, they sponsor outdoor music on the lawn. On Thursday evenings (5-7PM), proceeds from a dinner go to a local charitable organization.

**Durham Bulls Baseball** The stadium borders the Durham Tobacco Campus, a one-of-a-kind area dotted with restaurants and river running through the middle. Games and outdoor concerts are held from April-August, with many featuring fireworks. Tickets begin at $8 and lawn tickets are available.

**UNC Sports** Students and their families can attend exhibition basketball games, baseball games, women’s soccer, women’s basketball and other non-ACC sporting events for free.