

If you feel you cannot keep your baby, call **Catholic Adoption Services** in Little Rock at (501) 664-0340, ext. 347, to learn about their *free*, confidential services.

The **Arkansas Safe Haven** law allows you to hand over custody of your baby safely, legally and anonymously at any hospital emergency room, police department, or at the “Baby Box” at Jonesboro Fire Station #3, 2212 Brazos in Jonesboro: www.arkansassafehaven.org

For Moms Who Are St. Bernards Patients

Please ask your care team to contact a St. Bernards social worker, who will be happy to discuss your needs. Our social workers have access to many more resources than we can list in this brochure!

For Moms Who Are St. Bernards Employees

Visit **MissioNet** to see lists of Employee Benefits and Employee Discounts, including reimbursement for the Willow breastfeeding pump and local daycare centers that offer reduced fees for St. Bernards employees.

St. Bernards is not responsible for services outside St. Bernards Healthcare. Information is correct at time of printing: 9/2023



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Caring for Moms in Need



Local Resources

Whether you are pregnant or already have children, St. Bernards cares about you and your little ones!

Medical Care

Call **St. Bernards Pregnancy Clinic** at 4334 E. Highland Dr., Jonesboro, to discuss your prenatal and postpartum care needs, and to make an appointment: (870) 207-0421. Services are also available at **Lawrence Memorial Hospital Specialty Clinic**: (870) 886-4102.

Or see a provider at **St Bernards OB/GYN Associates**, 800 S. Church St., Jonesboro, (870) 935-3990.

Download a *free St. Bernards Pregnancy Guide* at <https://www.stbernards.info>

Baby & Maternity Supplies

Motherhood of Jonesboro, a ministry of Blessed Sacrament Catholic Church, provides maternity clothes, infants' and children's clothes, layettes, baby formula, diapers, and bassinets/baby beds. Open one day per week at 324 W. Huntington Ave. in Jonesboro. Call Blessed Sacrament for details: (870) 932-2529.

Breastfeeding

St. Bernards Pregnancy Clinic hosts an **Outpatient Breastfeeding Clinic** staffed by professional lactation consultants. Call (870) 897-7335, or register for a *free* breastfeeding class: www.stbernards.info/events

Education

St. Bernards Medical Center regularly offers *free* classes on childbirth and breastfeeding, plus our *free* Baby State event that brings resources for parents together in one place. Call our **Healthline** for details, (870) 493-8433, or visit www.stbernards.info/events

Arkansas Single Parent Scholarship Fund can help you pursue your education while raising your children. They can help with tuition, daycare and transportation costs, and more: www.aspsf.org

Food & Nutrition

Every county health department offers a **Women, Infants & Children (WIC) program** to provide nutritious foods, education, resources for breastfeeding, and referrals for other health services. Contact the Craighead County Office, 611 E. Washington Ave., at (870) 933-4585 or visit www.healthy.arkansas.gov to find WIC in your county.

Unplanned Pregnancy

If you find yourself in an unplanned pregnancy, Arkansas has a large network of **Crisis Pregnancy Centers** to support you and your unborn baby. Find the one nearest you at <https://artl.org/crisis-pregnancy-centers/>

Expecting moms with insecure housing can contact **Good Counsel Homes** for information about maternity homes nationwide: <https://help.goodcounselhomes.org>