

## Pregnancy, Childbirth, and Breastfeeding: Student Information and Resources

### Legal Rights Under Title IX

Title IX of the Education Amendments of 1972 is a federal law that prohibits discrimination based on sex in educational programs.

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.” Title IX

This law makes it illegal to discriminate because of sex, which includes discrimination on the basis of pregnancy, childbirth, breastfeeding, or related conditions, including recovery.

### Pregnancy, Childbirth, & Breastfeeding Accommodations

Reasonable accommodations are available to students who experience pregnancy, childbirth, breastfeeding, or have documented pregnancy-related conditions. These accommodations are on a case-by-case basis and may include:

- Additional or longer breaks;
- Temporary access to elevators;
- Temporary modification to workspace such as seating;
- Extension for assignments;
- Excused absences;
- Schedule change; and
- Use of lactation room

### Absences & Making Up Missed Work

Students absent for documented medically necessary reasons related to pregnancy, childbirth or breastfeeding are allowed to return to the same academic status as be27.135 -1.9852uC2>1 (d)5 (e



- Proof of total family income (pay stubs from the last 30 days)
- Child's immunization record (optional)
- Child (all children who are eligible)
- Identification

715 11th Street North  
Suite 105  
Moorhead, MN 56560

Phone: [218-299-7777](tel:218-299-7777)

### Pregnancy Assistance by Birthright

Birthright provides free and confidential pregnancy help to anyone regardless of age, race, creed, marital status.

- Free pregnancy tests
- Support and friendship
- Information about the process of pregnancy and prenatal development
- Assistance in finding prenatal care, financial help, and legal advice
- Information about adoption resources, if adoption is something a pregnant woman is considering
- Free maternity and baby clothes
- Assistance in finding community resources.

715 11th Street North  
Suite 103 C  
Moorhead, MN 56560

Phone: [218-477-1977](tel:218-477-1977)



- Breast and pelvic exams
- Annual exams for women
- Pap smears
- Testicular exams and education
- Laboratory tests
- Pregnancy testing and referral if positive

1240 25th Street South  
Fargo, ND 58103

Phone: [701-241-1360](tel:701-241-1360)

### Sexual and Reproductive Health by Red River Women's Clinic

Red River Women's Clinic offers comprehensive sexual and reproductive health services to individuals and families in our service area. Our high professional standards and concern for the safety, comfort, physical and emotional welfare of our patients are the hallmarks that distinguish Red River Women's Clinic.

Services include:

- Birth control
- Emergency contraception
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- Emergency Contraception (Morning after pill)
- General health care
- HIV testing
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Jeremiah Program believes no mother should have to make the untenable choice between investing in herself or supporting her family. Their two-generation (2Gen) approach establishes a supportive community for moms to pursue a college degree while also supporting the growth and development of their young children significantly improving the likelihood of multigenerational social and economic mobility.

This program offers:

- College Access & Career Support
- Quality Early Childhood Education
- Access to Safe & Affordable Housing
- Empowerment & Leadership Training
- A Supportive Community

Address 3104 Fiechtner Dr, Fargo, ND 58103

Hours

Closed, Opens 8AM

Phone [\(701\) 7935616](tel:(701)7935616)

## Housing Resources

Section 8 Housing Choice Voucher program by Cass County Housing Authority

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The CARES Homeless Prevention Project is a collaboration among several partner agencies including: The FM Coalition to End Homelessness, CAPLP, FirstLink, Presentation Partners in Housing, Salvation Army, SENDCAA, and the YWCA. The CARES Homeless Prevention Project provides housing crisis screening assessments to determine if a household may be eligible for short term assistance to prevent eviction or a loss of housing. While resources are very limited, getting connected to potential assistance from the CARES Homeless Prevention Projects partners requires first completing a prescreening by calling FirstLink at 214 or

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Phone [701-232-3449](tel:701-232-3449)

Emergency Disaster Services by Salvation Army of Fargo

Emergency Disaster Services consists of several basic services that are adapted to the specific needs of individuals and communities and scalable according to the magnitude of the disaster.

This program provides:

- Shelter

## Childcare Resources

### Head start& EarlyHead Start of SENDCAA Fargo

The Head Start Program exists to provide a comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and their families. Head Start seeks to ensure children become school ready as well as to foster stable family relationships, enhance children's physical and emotional well-being, and establish an environment to develop strong cognitive skills.

This program provides:

- Creative Curriculum for Preschool
- Early childhood education
- Physical and dental exams
- Nutritious meals
- Support for children with disabilities

If you are receiving SNAP, TANF or SSI benefits, you are eligible for Head Start. Homeless and foster youth are also eligible. Please call to set up an appointment and get your child added to the needs based waiting list.

3600 15th Street South  
Fargo, ND 58104

Phone: [701-298-6758](tel:701-298-6758)

Notes: Ages 3 & pregnant moms

Parents may submit an application online, print and complete the Application for Assistance and then return it to a human service zone office,

MHD10.2023