

# **PREGNANCY & INFANT SUPPORT**

## **COUNTY HEALTH DEPARTMENTS**

Protects and improves the general health of all residents of Franklin County by providing childhood immunizations, WIC and nutritional counseling.

### **Franklin County Department of Health**

15 S. Oak St.  
Union, MO 63804  
636-583-7300  
Fax: 636-583-7305  
Website: [www.franklinmo.org](http://www.franklinmo.org)

### **St.Charles County Department of Health**

1650 Boonslick Road, St. Charles, MO 63301  
636-949-7400  
Fax 636-949-7403  
<http://www.scchealth.org/>

### **Warren County Department of Health**

104 W. Boonslick, Suite H  
Warrenton, MO 63383  
636-456-7474  
Fax: 636-456-4966

### **MCCAULEY CLINIC**

851 East 5th St., Ste.  
Washington, MO 63090  
Children's Health 636-239-8585  
Women's Health 636-239-8656  
Fax 636-239-8553

**Description:** Clinic for Pediatrics, Women's Services, Adult Medicine. Accepts Medicaid, HCUSA, Mercy MC+, Sliding Fee Scale

**Hours of Operation:** Monday – Friday 8:00am-4:00pm

**Population Served:** Underserved; Medicaid Eligible

**Driving Directions:** In Washington, MO., at the intersection of Highway 47 and 5th Street. Across Highway 47 from St. John's Mercy Hospital; located in the Medical Office Building, which has its own parking lot between 3rd and 5th street west of Highway 47.

### **SUPER SIBS CLASS**

St. John's Mercy Hospital in St. Louis  
45 minutes long -- \$15.  
314 961-2229

### **NURSES FOR NEWBORNS**

9505 Gravois, Suite 200  
St. Louis, MO 63123  
314-544-5900  
800-45-BIRTH

**Description:** Help for parents of infants, low income and everyone else who needs help.

## **PARENTS AS TEACHERS**

[www.parentsasteachers.org/](http://www.parentsasteachers.org/)

Parent Education for all families in Missouri.

**Contact:** Call your local elementary school for a PAT near you:

**Londell** – 636-629-7441 **Pacific** – 636-271-1464

**New Haven** – 573-237-2141 **Franklin County R-II** – 573-237-2414

**St. Clair** – 636-629-3500 **Sullivan** – 573-468-5546

**Union** – 636-5833152 **Washington** – 636-231-2820

## **MARCH OF DIMES - ST. LOUIS**

888 MODIMES

[www.modimes.org](http://www.modimes.org)

Dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality through research, community services, education and advocacy.

## **ST. LOUIS ARC PREVENTION PROJECT**

1816 Lackland Hill Pkwy. Suite 200

St. Louis, MO 63146

314-569-2211

[www.slarc.org](http://www.slarc.org)

A program operated by the St. Louis Arc, provides FREE public education on the lifelong implications of alcohol use during pregnancy. Prenatal alcohol exposure is a leading preventable cause of mental retardation in the United States. Our program travels to you.

**Population Served:** Youth, adolescents, young adults, parents, health care providers, educators, social workers, counselors, disability service providers, criminal justice providers.

Services are provided in Franklin, Jefferson, St. Charles, Lincoln, and St. Louis counties as well as St. Louis City, free of charge.

## **OUR LADIES INN**

Defiance, MO

636 398-5375

A maternity emergency shelter for pregnant women 18 and over for up to a year. Anyone is welcome regardless of county residence.

## **MARY QUEEN OF ANGELS**

827 Terra Lane

O'Fallon, MO 63366

636 379-5070

Abortion alternatives

## **LA LECHE LEAGUE INTERNATIONAL**

10 Wickford Court

St. Charles, MO 63301

314-424-3900

[www.LaLecheLeague.org](http://www.LaLecheLeague.org)

Nonprofit nonsectarian organization dedicated to providing education, information, support, & encouragement to women who want to breastfeed.

## **FAMILY PLANNING CLINIC OF FRANKLIN COUNTY**

920L St. Clair Plaza Drive

St. Clair, MO 63077

636-629-0300

**Description:** Affordable birth control for all women.

**Hours of Operation:** Monday-Friday 8:30am-4:30pm; evening hours available by appointment every Tuesday

**ST. CHARLES FAMILY PLANNING CLINIC**

1650 Boonslick Road, St. Charles, MO 63301  
636-949-7400  
800-822-4012, Ex. 4201

**CENTER ON ADOLESCENT SEXUALITY, PREGNANCY AND PARENTING--CASPP**

314 Gentry Hall, University of MO  
Columbia, MO 65211  
573-882-4416

[www.extension.missouri.edu/hdfs/caspp.htm](http://www.extension.missouri.edu/hdfs/caspp.htm)

Provides educational programs and conducts applied research to better understand how to prevent and improve the negative effects of high risk sexual behaviors and early childbearing.

**Population Served:** Professionals interested in research and training related to adolescent pregnancy and parenting

**PROJECT REACH - Main Office**

University of MO - Columbia  
1400 Rock Quarry Rd.  
Columbia, MO 65211-3280  
573-884-6696

A resource for early care and education professionals.

**PREGNANCY COUNSELING HOTLINE**

Phone.....1-800-550-4900

**PREGNANCY ASSISTANCE CENTER**

Provides lightly used and new toys, clothes, diapers and other necessities for parents in need. Childbirth classes and other services for pregnancy and for families with babies and toddlers.

Fritzie Alferman  
310 International  
Washington, MO 63090  
Hours: 10 am until 2 pm Monday through Friday  
636 239-1840

**MIDWIFERY**

The practice of midwifery in the state of Missouri is now legal for anyone who is certified by the ACNM or NARM. Certified Nurse Midwives (CNM), Certified Midwives (CM) as well as Certified Professional Midwives are legal to practice in Missouri.

Dana Albillo in the St. Louis area  
[Sagefemme73@yahoo.com](mailto:Sagefemme73@yahoo.com)

Circle Midwifery in Columbia, MO  
Brandy McDonald 541-778-8044

**BIRTHRIGHT**

Offers pregnancy testing, referral assistance and counseling to women who are or may be pregnant.  
[www.birthright.org](http://www.birthright.org)

Franklin County: Eureka Tri-County Birthright 636 938-4221  
St. Charles County: [www.birthrightstcharles.org](http://www.birthrightstcharles.org) 636 724-1200  
Warren County: [www.birthrightofwentzville.com](http://www.birthrightofwentzville.com) 636 327-8170

## **CHILDBIRTH CLASSES**

### **ST. JOHN'S MERCY HOSPITAL**

These childbirth classes use Lamaze method with help of mother's choice of labor coaches. Mothers prepare for labor by learning a variety of relaxation techniques including breathing, massage, movement and comfortable positions. The class meets in Classroom A/B in Educational Services Suite #170 of the Mercy Doctors Building.

St. John's offers a four-class session and a two-class session. Those who qualify for McCauley clinic also qualify for a substantial discount for childbirth classes.

**For current schedule, see binder behind this chapter of resource directory.**

Connie Waters

636 239-8004

Educational Services St. John's Mercy Hospital

901 E. 5<sup>th</sup> St.

Washington, MO

## **PREGNANCY ASSISTANCE CENTER**

This childbirth class uses a combination of methods including Lamaze. The material is covered all in one morning. A nurse from St. John's Mercy Hospital teaches the class. The class is held from 8:30 until noon one day every month except December. Bring one or two people to be a coach.

For current schedule, call Pregnancy Assistance Center

310 International

Washington, MO 63090

636 239-1840

## **LUTHERAN FAMILY AND CHILDREN'S SERVICE OF MISSOURI**

8631 Delmar Blvd., St. Louis, MO 63124-1990

314-787-5100

866-326-5327

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

St. Charles:

800-367-2543

2800 West Elm Street, St. Charles, MO 63301

636-949-5522

Franklin Country:

St. Paul Lutheran Church

208 West Springfield

Union

Assists with Domestic, International, Relative, and Independent Adoptions. Provides temporary and emergency foster care, and provides counseling to pregnant and parenting families, also child counseling. Provides disaster relief, mentoring to at-risk children, and advocacy.

## **CAR SEAT ASSISTANCE**

"Safe Kids Program"

Free car seats, (possible small fee) for all families., also car seat safety inspection and how to install the car seat. Call for appointment. Car seat assistance available once a month.

Pregnancy Assistance Center

310 International Avenue

Washington, MO

636 239-1840

## **LOVE BASKET**

Pregnancy counseling and adoption

Local counselor: Sharon Bass, LPC

314 630-2446

[www.lovebasket.org](http://www.lovebasket.org)