



Additional Resources for Expectant Mothers and Families

Marion County Public Health Department Maternal and Child Health

- **Indianapolis Healthy Start/Comienzo Saludable** offers education, referral and support services to pregnant women and their families in an effort to eliminate the disparities in birth outcomes and improve infant survival rates in Marion County.
 - **Contact Number:** 317.221.2317
 - **Address:** 4087 Millersville Road, 46250
 - **Business Hours:** Monday – Friday. 8:00 a.m. – 5:00 p.m.
 - **Website:** <https://marionhealth.org/programs/population-health/maternal-and-child-health/healthy-start/>
- **Women, Infants and Children (WIC) Program**
WIC is a nutrition program that provides nutrition information, supplemental foods and referrals to health and social services to eligible pregnant and postpartum women and children up to age five. To qualify for WIC, individuals must meet income eligibility guidelines and be determined to have a nutrition or health need by a WIC nutritionist.
 - **Contact Number:** 317-221-7401
 - **Address:** 6042 E. 21st, Indianapolis, IN 46219
 - **Website:** <https://marionhealth.org/wic/>
- **Beds and Britches, Etc. (B.A.B.E)** is a community-based incentive program that promotes responsible parenting by offering incentives to expectant parents. B.A.B.E. coupons can be redeemed at any of five B.A.B.E. stores within Marion County, Indiana. The coupons can be used for infant-related merchandise such as diapers, car seats, clothing, high-chairs, strollers, and cribs. Participants earn the coupons by keeping prenatal appointments, attending parenting classes, taking their child(ren) to get immunized, and other activities that improve family health and wellness and promote positive child growth and development.
 - **Contact Number:** 317-221-3050
 - **Website:** <https://marionhealth.org/programs/population-health/maternal-and-child-health/babe-program/>

Indiana Department of Health Mothers and Families

Local Resources

- **Indiana Black Breastfeeding Coalition**
The coalition consists of former black breastfeeding mothers, breastfeeding advocates and breastfeeding educators who give of their time and resources in promoting and strengthening the various capacities of the IBBC coalition.
 - **Contact Number:** 317-434-4930
 - **Website:** <https://www.indianablackbreastfeedingcoalition.com/>
- **Indiana Breastfeeding Coalition**
Indiana Breastfeeding Coalition's mission is to improve the health of all residents of Indiana by working collaboratively to promote, support, and protect breastfeeding and human milk as the optimal first food for infants in Indiana.
 - **Address:** Indiana Breastfeeding Coalition, 5060 East 62nd Street Suite 128, Indianapolis, Indiana 46220
 - **Website:** <http://www.indianabreastfeeding.org/>
- **Indiana Milk Bank**
The Milk Bank is on a mission to promote community health by expanding the safe use of human milk for all babies, especially premature and ill infants. The Milk Bank impacts the greater Midwest area through the safe collection and distribution of pasteurized human donor breast milk.
 - **Website:** <https://www.themilkbank.org/>
- **Indiana Diaper Bank**
Indiana Diaper Bank empowers families in Indiana by providing a reliable and adequate supply of diapering essentials. Indiana Diaper Bank distributes diapers through its local partners.

- **Contact Number:** 317-855-0533
- **Website:** <https://www.indianadiaperbank.org/>
- **La Leche League of Indiana**
Breastfeeding is natural, but it's not always easy! La Leche League of Indiana is here to help. LLL Leaders are located all over Indiana and we are just a phone call or email away.
 - **Indianapolis Area Hotline:** 317-782-5082
 - **Website:** <http://llofindiana.org/>

Crisis Pregnancy Hotline: English Line: 888-628-3353; Spanish Line: 888-483-2323

Pregnancy Educators by American Pregnancy Association

- Call [800-672-2296](tel:800-672-2296) or go to the [program's website](#) . If you are a woman or family in need, you can reach one of our pregnancy educators Monday - Friday by utilizing our toll-free helpline, our website, and patient education materials, the Association is able to deliver instant answers and provide access to resources when women need those most.

Food & Nutrition – OPHS & Indy Hunger Network

- **Find Food** <https://www.indyhunger.org/find-help/>
 - **FIND A FOOD PANTRY OR MEAL SITE**
 - Use Community Compass on any phone. Call or text “hi” to [317-434-3758](tel:317-434-3758).
 - Use Community Compass on a smartphone. Download the free app on the [App Store](#) or [Google Play](#).
 - Use Community Compass on any device. Visit www.communitycompass.app.
 - If you cannot access Community Compass, call 2-1-1 for assistance finding food resources.
 - **APPLY FOR FEDERAL NUTRITION PROGRAMS**
 - Screen yourself for SNAP or WIC eligibility using [this screener](#) or by chatting with Shelly, the chatbot, on Community Compass.
 - Call [317-221-7401](tel:317-221-7401) or text “IndyWIC” to 85511 to sign up for WIC benefits.
 - Visit the [Indiana FSSA website](#) to apply for SNAP benefits.
 - If you need help applying for SNAP, contact the Gleaners SNAP Hotline at [317-644-1280](tel:317-644-1280) for free assistance in any language.
 - If you believe you were wrongly denied public assistance benefits, [contact Indiana Legal Services](#) for legal assistance.
 - **REQUEST HOME DELIVERY OF MEALS OR PANTRY ITEMS**
 - If you are located in Marion County, contact the Gleaners Food Bank Home Delivery Line at [317-742-9111](tel:317-742-9111).
 - **GET A RIDE TO THE GROCERY STORE**
 - Marion County residents can access \$1 Lyft rides to and from their nearest SNAP-eligible grocery store. Use the promo code FEEDINDY on the Lyft app for \$1 rides to and from the grocery. Valid for up to 8 rides. The rider will pay the first \$1, and the City will cover up to \$9 – anything over \$10 will be charged to the rider. Rides must begin or end at a grocery store in Marion County that accepts SNAP. To find a SNAP retailer, use Community Compass.
 - **CONNECT TO OTHER RESOURCES**
 - For additional food resources or other social services, call 2-1-1 for 24/7 assistance.

Health Care Centers/Local Resources

- **Eskenazi Health Family Beginnings**
Eskenazi Health Family Beginnings partners with expectant parents to create a birth plan to make things as easy as possible for parents and newborns.
 - **Contact Number:** 317-880-2229 or 317-880-BABY **For Childbirth Classes:** 317-880-5810
 - **Website:** <https://www.eskenazihealth.edu/health-services/womens-health/family-beginnings>
- **Shalom Health Care Center**
At Shalom, our mission is to provide quality health care services that are patient centered, affordable and accessible for all in our community.
 - **Primary Care Clinic:** 5750 W. 56th Street, Indianapolis, IN 46254
 - **Contact Number:** (317) 291-7422
 - **Website:** <https://www.shalomhealthcenter.org/>
- **Indy Healthnet**
We believe that all people have the right to high-quality, affordable health care. We provide compassionate health care and support services, regardless of ability to pay. We offer a health care home to support healthier people, families and communities.
 - **Website:** <https://www.indyhealthnet.org/>