



# Resources for Pregnant and Parenting Students



**MINNESOTA  
INTERNSHIP  
CENTER**

Compiled by Jenna Schuldt  
Winter 2010-2011





**MINNESOTA  
INTERNSHIP  
CENTER**

## **Program: The Birds & Bees Project**

### **Contact:**

Website: <http://www.birdsandbees.org/>

Phone: (612) 821-9795

Email: [info@birdsandbees.org](mailto:info@birdsandbees.org)


### **Overview:**

- Provides comprehensive reproductive health information for youth and adults.
- Has specific areas of activity, including internet-based education, classroom-based education and community outreach.
- Offers information and values-clarification skills to help individuals make healthy decisions which are in line with their own beliefs, goals and social/economic situation.

### **Presentation Opportunities:**

- All presentations are age-appropriate, medically accurate and inclusive.
- Educators will include information on minor's consent and access pertaining to sexual and reproductive health care services.
- Fill out Presentation Request Form (<http://www.birdsandbees.org/presentationrequest.htm>).

### **Program Opportunities:**

- Run the P6 (Powderhorn Park Pregnancy Prevention Peer Education Program) program for students aged 12-15 living in the neighborhood.
  - 3 hour sessions take place on Tuesday evenings (15 youth/session).
  - Learn and educate others about topics such as healthy relationships, birth control, STIs, HIV/AIDS, sexual violence, education, career planning, internships and job resources.
  - Compensated for outreach (up to \$200).
- 


**MINNESOTA  
INTERNSHIP  
CENTER**

**Program: Indian Health Board**


**Contact:**

Website: <http://www.ihb-mpls.org/>

Address: 1315 East 24th Street  
Minneapolis, MN 55404

Phone: (612) 721-9865

**Program Opportunities:**

- Run the Twin Cities Healthy Start Program; a community-based project that can help you have a healthy pregnancy and a healthy family.
  - Hold special events and family fun activities.
  - Offer free prenatal classes.
  - Gives the chance to share the pregnancy and parenting experiences with other women from the community.
  - Provides support, services and referrals for families.
  - Gives information about pregnancy, nutrition, labor and delivery, breastfeeding and parenting.
- 




**MINNESOTA  
INTERNSHIP  
CENTER**

## Program: Teenwise

### Contact:

Website: [http://www.moappp.org/  
index.html](http://www.moappp.org/index.html)

### Overview:

- Teenwise is the statewide leader in promoting adolescent sexual health, preventing adolescent pregnancy and gaining support for adolescent parents. We achieve this by developing, strengthening and advancing science-based policies and programs.
  - Provides resources for parents, teens, educators, health care providers, youth workers, media professionals and policy makers.
- 



**MINNESOTA  
INTERNSHIP  
CENTER**

## Program: What's Your Plan

### Contact:


Website: <http://www.neighborhoodhealthsource.org/index.php>

Phone: (612) 490-2767

### Overview:

- Focuses on reproductive health issues for teens, men, women, couples, parents, and families.
- Conducted by Neighborhood HealthSource (Fremont Community) Clinics.

### Program Opportunities:

- Provides birth control and family planning information.
  - Assists participants in applying for the Minnesota Family Planning Program (MN-FPP).
  - Health Educators available at the Sheridan Clinic on Mondays from 4-8 pm; Fremont Clinic on Wednesdays from 1-5 pm; and Central Clinic Thursdays from 1-5 pm.
- 



**MINNESOTA  
INTERNSHIP  
CENTER**

## **Program: Planned Parenthood**

### **Contact:**

Website: <http://www.plannedparenthood.org/mn-nd-sd/>


### **Overview:**

- Planned Parenthood is the leading provider and protector of reproductive health.
- Functions as a dynamic organization whose mission is grounded in mainstream values.
- Provides resources for parents, teens, educators, health care providers, youth workers, media professionals and policy makers.
- Serves as a local provider for confidential, affordable health care services and comprehensive sexuality.

### **Presentation Opportunities:**

- Offer presentations and health fair displays.
- Call (612) 821-6198 for details and scheduling.

### **Program Opportunities:**

- Run the Youth Power program for African-American teens aged 13-17; learn about reproductive health, make a difference in the community, and earn money as a peer educator.
  - Conduct the Reach One Teach One program for students aged 13-17; teach others how to care for themselves and make informed decisions; get paid for each contact you make.
  - Partner with Adoption Minnesota; provide no-cost counseling to determine if adoption is the right choice for you.
- 



**MINNESOTA  
INTERNSHIP  
CENTER**

## Free Services Through Clinics

### Annex Teen Clinic

<http://www.annexteenclinic.org/index.asp>

4915 42nd Avenue North

Robbinsdale 55422

(763) 533-1316

- Focus on reproductive health services for teens and young adults up to age 23.
- Financial assistance/free service available if eligible.

### Midwest Health Center for Women

<http://www.midwesthealthcenter.org/index.html>

33 South Fifth Street, Fourth Floor

Minneapolis, MN 55402

(612) 332-2311

- Provide counseling appointments after pregnancy is confirmed; no patient refused for this service.
- Offer free pregnancy testing (Monday-Friday from 9am-2pm and Saturday from 9am-12pm).


### Face to Face Health

<http://www.face2face.org/>

1165 Arcade Street

St. Paul, MN 55106

(651) 772-5555

- Health and counseling services for people aged 11-23.
  - Provide all birth control options and the morning after pill, and pregnancy care and case management.
  - Offer free walk-in pregnancy testing.
- 



**MINNESOTA  
INTERNSHIP  
CENTER**

## Free Services Through Clinics

### **Philips Neighborhood Clinic**

<http://www.phillips.neighborhoodclinic.com/>

Oliver Presbyterian Church  
2647 Bloomington Avenue South  
Minneapolis 55407  
(612) 724-1690

- Offer pregnancy testing and referrals, and contraception.
- Open on Monday and Thursday from 6-9pm.
- Medical services provided free of cost.

### **Planned Parenthood Health Centers**

<http://www.plannedparenthood.org/mn-nd-sd/online-health-center-15619.htm>

- Several health centers located throughout the Twin Cities.
  - Run free 4NOW program for Minnesota residents aged 15-50; offers annual exams, testing and treatment of STIs identified during birth control visit, birth control methods and family planning education.
- 