

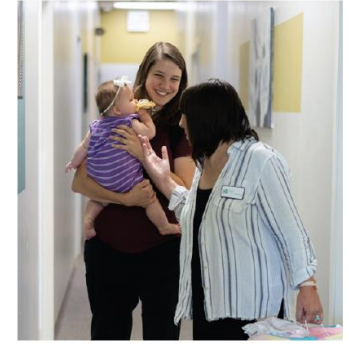
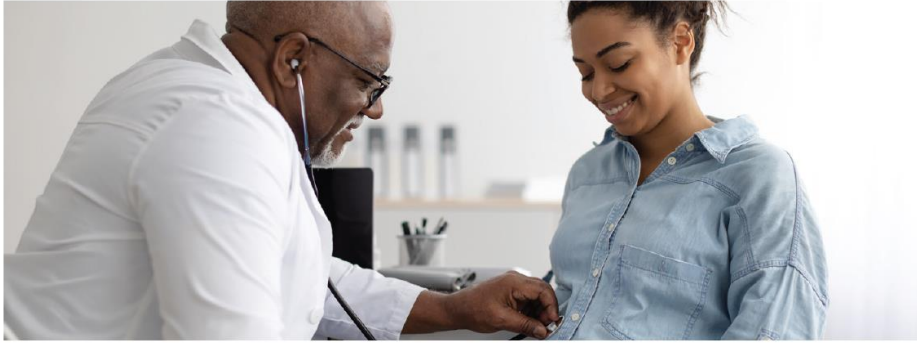
Pregnancy & Parenting Support

Equipping You with Information & Skills

View All PDHC Community Resources



Referral	Address	Info	Services
Family Empowerment Program	Main Center 665 E Dublin-Granville Rd., Suite 110 Columbus, OH 43229 Extension Centers 4111 W Broad St., Columbus, OH 43228 3030 Columbus-Lancaster Rd NW, Lancaster, OH 43130.	Call or Text: 614.644.4445 PDHCparents.org	Free pregnancy and parenting education online and in-person. Participants receive free clothing, diapers, baby supplies, and more.
Embrace Grace	See web site for locations and times.	embracegrace.com/get-support	Eleven-week Bible-based support group. Be mentored by experienced moms. Make new friends and gain life-changing skills that will help you find your passion.
Help Me Grow	Franklin County: 246 N High St. 5th Floor Columbus, OH 43215 Fairfield County: 1743 E Main St. Lancaster, OH 43130	Franklin County 614.656.3322 Fairfield and Other Counties 800.755.GROW (4769) helpmegrow.org hmgregerrals@helpmegrow.org	Pregnancy, parenting, and infant development support with home visits, early intervention, and referrals.
Mommies Matter	Contact for Location	614.723.9308 mommiesmatter.org/get-support-1	One-on-one mother mentoring support through pregnancy and beyond, helping to support life changes for moms.
MomCo	See website for locations and times.	https://www.themom.co/find-a-meetup	Hosted by local churches. Offers moms of infants through preschoolers a place to connect and refresh.



Referral	Address	Contact Info	Services
My Village Ministries	Contact for Location	614.210.3267 myvillageministries.com	Assistance, community, and support for families in crisis. Children can stay with host families for short periods of time, and parents receive coaching and training.
Changent Nurse-Family Partnership	255 E Main St. 2nd Floor Columbus, OH 43215	614.722.8222 https://changent.org/nfp-moms/index.html	Pregnancy, parenting, and infant development support for first time parents. Home visits for your first baby starting during pregnancy through two years old.
Parent Life (Ages 13—19) (Central Ohio Youth for Christ)	See web site for locations and times.	614.787.7424 Contact Stefanie Wicks swicks@coyfc.org https://yfc.net/ministry/parent-life/	Empowering teen parents through mentoring, weekly groups, and classes that support education, independence, and thriving with their children.
Young Lives (Ages 14—21)	Contact for Locations	614.256.6671 Contact Lauren Hall lauren.younglives@gmail.com http://linktr.ee/ColumbusYoungLives	Provides community, support, and one-on-one mentoring to teen moms between the ages of 14 and 21.
Value Life	6000 Cooper Rd. Westerville, OH 43081	614.259.5528 valuelife@vineyardcolumbus.org	Vineyard Columbus's Value Life ministry offers practical resources like baby supplies, as well as emotional and spiritual support. Through mentoring and community care, it walks with families from pregnancy through early childhood.