



# **SJSU Campus Resource Directory** for Pregnant and Parenting Students



# Title IX and Accessible Education Center

Title IX of the Education Amendments of 1972 (“Title IX”), 20 U.S.C. §1681 et seq., is a Federal civil rights law that prohibits discrimination on the basis of sex—including pregnancy and parental status—in educational programs and activities.

All public and private schools, school districts, colleges, and universities receiving any Federal funds (“schools”) must comply with Title IX.

Title IX information from the US Department of Education:

<https://www2.ed.gov/about/offices/list/ocr/docs/dcl-know-rights-201306-title-ix.html>

**In the event that you need accommodations due to pregnancy, childbirth, or breastfeeding contact the Title IX office and AEC office.**

## Title IX Office

Title IX Investigator: Jenny Harper  
408-924-7288  
jenny.harper@sjsu.edu

## Accessible Education Center Office

Director: Cindy Marota  
408-924-6000  
cindy.marota@sjsu.edu  
Bldg/Room/Zip: ADM 110 - 0168



# Academic Resources

## Advising

General education advising for both undeclared and declared students with questions on GE requirements

### Appointments:

<http://www.sjsu.edu/aars/advising/appointments/>

### General Information and Appointment Preparation:

[http://www.sjsu.edu/advising/student\\_resources/academic\\_resources/undergraduate\\_advising\\_resource/index.html](http://www.sjsu.edu/advising/student_resources/academic_resources/undergraduate_advising_resource/index.html)

## Priority Registration

<http://info.sjsu.edu/static/catalog/priority.html>

Contact the Office of Associated Students for more information on obtaining priority registration

## Financial Aid Office

Contact financial aid in case of needing to take time off from classes

Location: One Washington Sq San Jose, CA 95192

Phone: 408-283-7500

Email: fao@sjsu.edu

## Scholarship Opportunities

### On-Campus information:

<https://www.sjsu.edu/faso/Scholarships/>

Or contact Financial Aid office

### Campus Pregnancy Support Team:

Registered SJSU Student Organization; fundraises to offer book scholarships to pregnant and parenting student members of the group.

Contact President Grace Perlman [grace.perlman@sjsu.edu](mailto:grace.perlman@sjsu.edu) to join

### Grants and Scholarships for Pregnant Women:

<https://www.scholarshipsforwomen.net/pregnant/>

**To find more information on requesting a leave of absence visit:**

<https://www.sjsu.edu/registrar/registration/leave-of-absence.php>

# Health Resources

## Student Health Center

Call 408-924-6122

### Services

Primary Care, Women's Health Services, Dermatology, Psychiatry, Podiatry, Sports Medicine, Physical Therapy, Lab, Pharmacy

[http://www.sjsu.edu/studenthealth/clinical\\_services/index.html](http://www.sjsu.edu/studenthealth/clinical_services/index.html)

### Location

One Washington Square  
San Jose, CA 95192

### Hours

Monday - Thursday  
8:30am - 5:30pm

Friday  
8:30am - 4:30pm

## RealOptions

Call 408-978-9310 or Text 408-837-1919

### Services

Well Woman Care, STD Testing and Treatment, Pregnancy Testing, Ultrasounds, Abortion Pill Reversal, Prenatal Care, Optimal Health Coaching, Referrals for Support Services

All services available with or without insurance

<https://www.realoptions.net>

### Locations

Central San Jose 408-837-1919  
East San Jose 408-837-1717  
Union City 510-972-8837

### Hours

Monday - Friday  
9:00am - 5:00pm

Central San Jose location also open 2nd Saturday of the month  
10:00am - 4:00pm

## Insurance

Medi-Cal: <https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/SingleStreamApps.aspx>

## Obria Direct App

Download "Obria Direct" in the [Apple Store](#) or on [Google Play](#) to locate a nearby clinic, chat with a medical professional, and even schedule an appointment on your smartphone. 100% confidential, free, and HIPAA-compliant.

## Lactation Support

### Two on-campus lactation rooms:

**Women's Resource Center:** (located next to Hoover Hall in Modular bldg B) For additional information, please call the Women's Resource Center at 408-924-6500

**The Student Health Center:** For additional information, please call (408) 924-6122.

**Additional options and lactation break accommodations available on a case by case basis through the Title IX office.**

**WIC:** (408-792-5101)

WIC website has links to other additional breastfeeding support in the area: <https://www.sccgov.org/sites/phd/services/Wic/Pages/wic-home.aspx>

Breastfeeding Peer Counseling/Lactation Specialist Line:  
408-794-0550

**Breast Pumps:** apply with

**WIC:** 408-792-5101, [BFWIC@phd.sccgov.org](mailto:BFWIC@phd.sccgov.org)

**Medi-Cal and Mother's Milk Bank of San Jose:** Lourdes Chicas, 408-638-2846, [lordes.chicas@mothersmilk.org](mailto:lordes.chicas@mothersmilk.org)



**Your insurance company may cover the full cost of a breast pump. Call for details. Requests must be made within 30 days of giving birth.**

## Nutrition Support

**Spartan Food Pantry:** <http://www.sjsu.edu/sjsucares/get-assistance/spartan-food-pantry.php>

**CalFresh:** <http://www.sjsu.edu/sjsucares/get-assistance/calfresh.php>

**WIC:** <https://www.sccgov.org/sites/phd/services/Wic/Pages/wic-home.aspx>

### RealOptions

Free emergency formula, diapers, baby clothes, supplies, and maternity clothes

**Make an appointment at a RealOptions clinic for the clothes and supplies closet, or to schedule childbirth and parenting classes**

Central San Jose 408-837-1919  
East San Jose 408-837-1717  
Union City 510-972-8837

## Material and Practical Support

**Santa Clara County Car Seat Program:**

<https://www.sccgov.org/sites/phd/hi/ChildrensHealth/car-seat/Pages/car-seat-home.aspx>

Call 1-800-310-2332 for child safety seat education and inspections and child safety seats for low-income families

# Housing Resources

## On-Campus Housing Assistance:

Contact SJSU Cares:

Website:

<https://www.sjsu.edu/sjsucares/get-assistance/index.php>

Contact information:

<https://www.sjsu.edu/sjsucares/about/contact-us.php>

## Off-Campus Housing Resources:

<https://www.housing.sjsu.edu/housingaz/offcampushousingresources/>

Temporary Respite Care:

Safe Families:

<https://sanjose.safe-families.org/>

House Sharing:

Catholic Charities:

<https://www.catholiccharitiesscc.org/house-sharing>

Maternity Housing:

Heritage Home:

<https://www.cityteam.org/san-jose/programs/heritage-home/>

Shepherd's Gate:

<https://shepherdsgate.org/>



## Child Care Resources | On-campus

### Associated Students Child Development Center

Spring and Fall Semesters, Winter and Summer Break Hours:

Monday - Friday: 7:15am-5:30pm

460 South 8th Street  
San Jose, CA 95129

Tuition Daily Rates: Call for information  
Phone: 408-924-6988

<https://www.sjsu.edu/as/departments/child-development-center/index.php>

### SJSU Child Development Laboratory Preschool

New student enrollment begins mid-March

Lab Preschool Director: Joy Foster

Email: [joy.foster@sjsu.edu](mailto:joy.foster@sjsu.edu)

Phone: 408-924-3727

**Toddler Program:** Must be 2 years of age by September 1

**Location:** Sweeney Hall room 117J (Observation booth)

**Fees:** Call for information

**Hours:** Monday and Wednesday OR Tuesday and Thursday from 9am - 11am

**Multi-Age Program:** Must be 3-5 years of age AND potty trained by September 1 for Preschool Program

**Location:** Central Classroom Building room 117

**Fees:** Call for information

**Hours:** Monday-Thursday from 9am - 11:30am OR 12:30pm - 3pm

<http://www.sjsu.edu/chad/chad-lab-preschool/index.html>



## Child Care Resources | Off-Campus

### **Santa Clara County Early Childhood Subsidy Pilot:**

Chief Public Affairs Officer Peter Daniels

Phone: 408-453-6650

<https://www.sccoe.org/resources/families/Pages/Early-Childhood-Subsidy-Pilot.aspx>

**First 5:** Additional early learning resources and support for families

<https://www.first5kids.org/who-we-are/mission-vision/>

### **4C's of Santa Clara County (Community Child Care Council):**

For assistance in finding childcare

Phone: 408-487-0747

<https://www.4c.org/parent/>

**Head Start:** Early Learning Services Department programs for children from birth to age 5

**Early Learning Services Department:**

<https://www.sccoe.org/depts/students/early-learning-services/Pages/default.aspx>

**Head Start:**

<https://headstart.sccoe.org/Pages/default.aspx>

There are many other Child Care providers available within 5 miles of the SJSU campus, contact CPST for more information.

### **Inclusion Support Warmline**

Free support, information, and referrals for including students of all ages with disabilities and other needs

<http://www.inclusioncollaborative.org/warmline.aspx>

## **On-Campus Clubs and Community Support**

### **Campus Pregnancy Support Team/Spartan Mamas:**

President Grace Perlman: [grace.perlman@sjsu.edu](mailto:grace.perlman@sjsu.edu)

“Supporting pregnant and parenting students on campus in achieving academic success by fostering community, connecting with resources, and advocating to ensure students are protected under Title IX.”

### **P.A.R.E.N.T.S.**

(Parents Accessing Resources Everyone Needs To Succeed):

[SJSUstudentparents@gmail.com](mailto:SJSUstudentparents@gmail.com)

“Student Parents experiencing a truly equal opportunity towards furthering their education”

### **I.R.S.P.**

(Inclusively Recognizing Student Parents):

[alexis.cook@sjsu.edu](mailto:alexis.cook@sjsu.edu)

“Parents uniting at SJSU; Building more awareness; Creating change on campus; Supporting all family dynamics”

**If you need information or a resource not included  
in this directory, call RealOptions at 408-837-1919.  
We will help connect you to the resource you need!**



*Spartan Mamas*

**RealOptions**  
OBRIA MEDICAL CLINICS

Information has been compiled by CPST to support pregnant and parenting students and is subject to change.  
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