

If you feel you cannot keep your baby, call **Catholic Adoption Services** in Little Rock at (501) 664-0340, ext. 347, to learn about their *free*, confidential services.

The **Arkansas Safe Haven** law allows you to hand over custody of your baby safely, legally and anonymously at any hospital emergency room, police department, or at the “Baby Box” at Jonesboro Fire Station #3, 2212 Brazos in Jonesboro: [www.arkansassafehaven.org](http://www.arkansassafehaven.org)

### For Moms Who Are St. Bernards Patients

Please ask your care team to contact a St. Bernards social worker, who will be happy to discuss your needs. Our social workers have access to many more resources than we can list in this pamphlet!

### For Moms Who Are St. Bernards Employees

Visit **MissionNet** to learn about the St. Bernards Employee Assistance Program and other benefits, including reimbursement for the Willow breastfeeding pump and local daycare centers that offer an employee discount.

*St. Bernards is not responsible for services outside St. Bernards Healthcare. Information is correct at time of printing: 10/2022*



Sister Johanna Marie Melnyk, OSB  
Vice President for Mission & Ethics  
[jmmelnyk@sbrmc.org](mailto:jmmelnyk@sbrmc.org)  
[www.stbernards.info](http://www.stbernards.info)

# Caring for Moms in Need



## Local Resources

Whether you are pregnant or already have children, St. Bernards cares about you and your little ones!

## Medical Care

Call **St. Bernards Pregnancy Clinic** at 4334 E. Highland Dr., Jonesboro, to discuss your prenatal and postpartum care needs, and to make an appointment: (870) 207-0421. Or see a provider at **St Bernards OB/GYN Associates**, 800 S. Church St., Jonesboro, (870) 935-3990.

Download a *free St. Bernards Pregnancy Guide* at <https://www.stbernards.info>

## Baby & Maternity Supplies

**Motherhood of Jonesboro**, a ministry of Blessed Sacrament Catholic Church, provides maternity clothes, infants' and children's clothes, layettes, baby formula, diapers, and bassinets/baby beds. Open one day per week at 324 W. Huntington Ave. in Jonesboro. Call Blessed Sacrament for details: (870) 932-2529.

**NEA Diaper Bank** provides diapers to those who meet qualifications. Email [neadiaperbank@gmail.com](mailto:neadiaperbank@gmail.com) or phone (870) 897-1016. If you or someone you know needs emergency diaper assistance, text "DIAPERASST" to the phone number above.

## Breastfeeding

St. Bernards Pregnancy Clinic hosts an **Outpatient Breastfeeding Clinic** staffed by professional lactation

consultants. Call (870) 897-7335, or register for a *free* breastfeeding class: [www.stbernards.info/events](http://www.stbernards.info/events)

## Education

**St. Bernards Medical Center** regularly offers *free* classes on childbirth and breastfeeding, plus our *free* Baby State event that brings resources for parents together in one place. Call our **Healthline** for details, (870) 493-8433, or visit [www.stbernards.info/events](http://www.stbernards.info/events)

## Food & Nutrition

Every county health department offers a **Women, Infants & Children (WIC) program** to provide nutritious foods, education, resources for breastfeeding, and referrals for other health services. Contact the Craighead County Office, 611 E. Washington Ave., at (870) 933-4585 or visit [www.healthy.arkansas.gov](http://www.healthy.arkansas.gov) to find WIC in your county.

## Unplanned Pregnancy

If you find yourself in an unplanned pregnancy, Arkansas has a large network of **Crisis Pregnancy Centers** to support you and your unborn baby. Find the one nearest you at <https://artl.org/crisis-pregnancy-centers/>

Expecting moms with insecure housing can contact **Good Counsel Homes** for information about maternity homes nationwide: <https://help.goodcounselhomes.org>