

Finding Your Footing

A Resource for Pregnant and Parenting Young People

A project of



EOI is grateful to the Mid-Iowa Health Foundation, West Bank, and the Iowa Women's Foundation for their support of our project for pregnant and parenting teens and is a proud Community Grantee of the Chrysalis Foundation.



So you've had some pretty big news, and you probably have tons of questions. At EyesOpenIowa, we are firm believers in supporting all parents. If you are a teen mom or dad, or are expecting a baby, this may take your life on a different kind of journey. It is important to have the assistance you need. You have a very important job, and we wish you success in all of your future plans!

This handbook was produced with one thing in mind: to create a resource that will provide you with support and guidance in navigating your initial questions about the new path your life has taken. In it, you will find information on your legal rights as a pregnant/parenting student, tips for giving and receiving the best care during and after pregnancy, and much more! Regardless of your role in the pregnancy or your relationship status with the other parent, this information is essential to know so that you can best be supportive of each other and be better prepared to reach your goals.

We have also provided a broad list of supports available in the Des Moines metro-area as well as a few online resources; please use this as a starting point for finding the help you need!

If you have any questions or concerns, know that *we are here for you*. Please don't hesitate to contact us using the information below.

Phone: 515-276-6788

Email: info@eyesopeniowa.org

Website: www.theboost.org

Facebook: www.facebook.com/eyesopeniowa/

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Discovering that you and your partner are expecting a baby can seem like the end of your life as you know it. And while having a baby does change your life, *it isn't the end of the world!* That said, whether you are taking this on alone or with a partner, taking care of a child is a *lot* of work. Having proper support can make things easier, and there are choices you can make now that will better prepare you to have the kind of success you want for your new family. Finishing high school and, if possible, getting some secondary education are two of those choices.

There are many factors that can make it seem impossible to finish your education, let alone continue on after high school. Some of these barriers may include:

- *Discrimination from school staff and/or peers based on your pregnancy or parent status*
- *Inability to attend classes due to pregnancy side effects, appointments, etc.*
- *Access to childcare while in school*
- *Financial strain or instability*
- *Mental and/or emotional health*
- *Time management*

Our goal with this handbook is to provide you with some resources and supports in order to move forward with your life and your education. You deserve to be able to give your new family the best chance at success, and that begins with completing your schooling.

Throughout the rest of this handbook, you'll find information on:

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Making the Best Decision for You

An unplanned pregnancy can leave you feeling lost and overwhelmed. It's important to lean on your loved ones for support as you make the best decision for you. It's also important to know what your options are as you navigate your decision.

Most of the time, people who are pregnant choose to continue the pregnancy. Some of them will choose to become a parent to the child. Becoming a parent might sound scary, especially if the pregnancy was unplanned or unexpected! Fortunately, there are several resources around the metro that provide assistance and support.

While some people decide to parent, others might decide that they are not ready to take on that role and choose adoption as the best choice instead. Adoption is when the child goes to a new family to be raised. There are two types of adoption; Open, where the biological parent can still have contact with family and can be a part of the child's life, or Closed, where contact between the biological parent and family is ended once the baby is placed. You can choose what option is best for you.

Sometimes people decide that continuing the pregnancy is not the best option for them, and so they choose to terminate the pregnancy. Abortion (or "termination") usually refers to a medical procedure that ends a pregnancy. Sometimes the phrase "spontaneous abortion" is used to refer to a pregnancy that ends naturally – this is also called a miscarriage. Most abortions (medical and natural) occur very early on, usually within the first trimester. Different states have different laws about abortion, so it is important to check your state as well as neighboring states to see what your options are.

A Spot for Thoughts...

How to Ask for Help

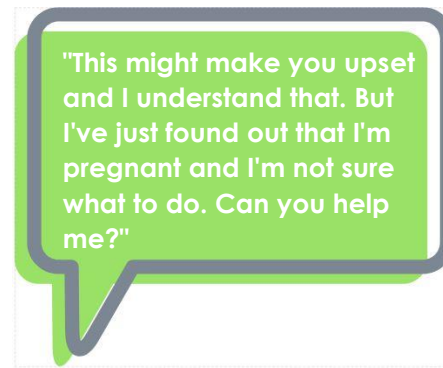
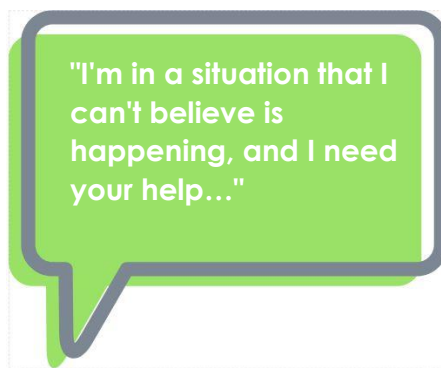
So you're pregnant...now what?!

Finding out you are expecting can bring about a lot of emotions-- shock, confusion, anxiety, excitement, and fear are just a few. Telling your loved ones about your pregnancy can intensify these emotions, especially when you are unsure how they will react. But it's important to find an adult you can lean on for support as you navigate this new journey. Here are a few tips when getting ready to have the conversation.



- ◆ Have a private space to talk with lots of time available so you don't feel rushed.
- ◆ Think about how your loved one may react, and prepare yourself for that. It might be very emotional; allow the emotions to happen, but don't let them derail the conversation.
- ◆ Give your loved one time to have their reaction and, as long as you are safe, try not to jump in and get defensive.
- ◆ Share your honest feelings, and allow them to share theirs. Unplanned pregnancy can be frightening and worrisome, and it's okay to feel that.
- ◆ Give everyone time to consider the options. Don't feel like you have to make decisions immediately.

Examples of how to begin a conversation might look like this:



If you need help telling your loved ones, it's okay to reach out for help. A doctor, nurse, health counselor or school official can help you figure out how to tell your family. If you feel like you need support or that the conversation might put you in danger, ask a trusted adult to be present with you when you share this information.

Caring for Your Baby

At your first prenatal visit, you will have your first exam. These usually include:

- A thorough physical
- A pelvic exam
- STD testing
- Blood testing
- A urine sample

For detailed information on exams, pregnancy symptoms, and what to expect, we recommend the book [What to Expect When You're Expecting](#) by Heidi Murkoff. There is even an app to go along with it!

“**Prenatal Care**” refers to the healthcare that a pregnant person receives prior to the baby being born. This is something that partners can choose to do together so that everyone knows what to expect during the pregnancy. Many people start with their regular doctor and then may choose to be referred to a specialist. You can also go to a family planning clinic. Prenatal care is very important because it helps improve the chances of having a healthy pregnancy.

Without it, health problems may not be detected early and can cause harm to you and your baby. During your prenatal first visit, you and your provider will discuss your health and medical history. It's important to be honest about these for your baby's health!

Prenatal Classes

Prenatal classes are educational workshops that provide information on a variety of topics ranging from prenatal care and childbirth to infant care and partner communication! These classes can help expecting parents to become better prepared for what's to come and leave them with skills to provide the best care for their new baby. They can also provide the parents with a better foundation of support and can bring them together as a team, ready to take on their new roles together!

To Breastfeed or Not?

Deciding whether to breastfeed or not can be a really big decision! There are many benefits to breastfeeding, including:



- A healthy immune system
- Less constipation/gas
- Lots of bonding time

Breastfeeding may also lower the risk of sudden infant death syndrome (SIDS), raise intelligence, and help reduce the risk of later health concerns like asthma, diabetes, and certain types of cancer.

Your doctor or nurses can provide you with resources, support, and information shortly after the birth of your baby. In fact, most hospitals have lactation nurses that will help you with everything you need to know about breastfeeding. Be sure to utilize this support, and don't be afraid to ask questions!

That said, for some breastfeeding isn't an option. Others may decide that breastfeeding simply isn't the right option for them. For those who don't breastfeed, formula feeding provides a great, healthy alternative. It has benefits as well, including:

- Plenty of nutrients to keep baby healthy
- Convenience—you don't have to worry about pumping
- Easy to fit into schedule
- Both partners can take turns and bond with baby

****Remember, the most important thing is to make sure baby is well-fed and cared for. Choose whatever works best for you!****

The Effects of Substances

It's very dangerous to use any kind of substance during a pregnancy, including tobacco, alcohol, recreational drugs and abusing prescription drugs. These things can lead to long-term complications like:

- | | |
|---------------------------------------|---------------------------|
| → Premature birth | → Developmental delays |
| → Low birth weight | → Long-term health issues |
| → Birth defects | → Behavioral issues |
| → Withdrawal symptoms | → Learning delays |
| → Sudden Infant Death Syndrome (SIDS) | |

If you are using any kind of substance, be sure to let your doctor know so they can get you the best care possible. **If you are pregnant, whatever you put in your body your baby will also receive.** Your job as a parent begins now, so it's important to make the healthiest choices possible.

Your Involvement Matters

Research shows that the involvement of both partners both during and after the pregnancy has a widely positive impact. According to the Office of Adolescent Health (OAH), pregnant partners are more likely to receive adequate prenatal care and are less likely to smoke when their partner is involved. They report feeling overall less stress and more support from their partners when they are satisfied with partner participation as well. Children also often have fewer behavioral problems and do better in school when both parents are active participants in their lives. Finally, becoming an active parent can serve as motivation to be a good role model and therefore avoid risky behaviors. Regardless of whether you and your partner stay together or not, your participation in your child's life matters!

<http://www.hhs.gov/ash/oah>

Caring for You

Pregnancy and becoming a parent leads to a lot of changes in a person, both physically and emotionally. It's okay to feel a little (or a lot!) overwhelmed by these changes sometimes; the important part is knowing how to handle these feelings in a way that is safe and healthy for both you and your baby.

Body Changes



Some of the physical differences you might notice during pregnancy include:

- ✓ Missing Periods
- ✓ Weight Gain
- ✓ Breast Swelling/Tenderness
- ✓ Stretch Marks
- ✓ Fatigue
- ✓ Nausea
- ✓ Food Cravings and/or Aversions
- ✓ ...and much more!

It may take a while for your body to return to normal after baby is born; in fact, it probably won't return to exactly as it was before. *And that's okay.* Take care of yourself by eating food that is good for you, getting regular exercise, and avoiding toxic substances. As long as you are doing that, your body will be in the best shape to stay healthy and keep up with your little one!

Emotional Changes

Your hormones go through a roller coaster of changes both during and after pregnancy, and this can result in some big mood swings from time to time. You might find yourself getting angry, frustrated, or sad more easily than you used to. Don't be afraid to reach out for support if you need it.

Postpartum depression, or the "baby blues", is VERY common after pregnancy. You don't have to suffer; help is out there. If your depression lasts for more than two weeks and/or is severe, let your doctor know. There is no shame in asking for help.

Stress Tips

If you ever find yourself losing your cool (and you probably will from time to time!), try a few of these techniques to help regain your composure:

- Take a few deep breaths
- Put the baby down and leave the room until you've calmed down
- Close your eyes and count to 10
- Ask for help – it's okay to let someone else take over from time to time
- NEVER pick up the baby if you feel yourself getting angry or too overwhelmed
- Allow yourself to find a little "me time" each day, even if it's just ten minutes

When the stress is bubbling, it is perfectly okay to take a moment or two and find your sense of calm; this does NOT make you a failure in any way. In fact, stepping away when you need to shows strength and maturity – and it keeps your baby safe. The better you can care for yourself, the better you can care for your child!



Questions for My Doctor: Prenatal Care and Self Care

Birth Spacing and Contraceptives

Birth Spacing

After having a baby, a person's body needs some time to rest before becoming pregnant again. This is called "birth spacing". Birth spacing is important to make sure a person's body has enough time to maintain health for both themselves and the baby. An adequate amount of time for a person's body to recover is about 18 months. Pregnancies that begin less than 18 months after a prior birth are often associated with adverse outcomes, including low birth weight, pre-term birth, and ongoing health problems. Additionally, having two or more small children can be an added stressor and require extra support. Fortunately, there are ways to prevent having another baby until you are ready!



Methods to Prevent Pregnancy

Long Acting Reversible Contraceptives (LARCS)

LARCS are methods of birth control that can prevent pregnancy for years. They include:

- **Hormonal and Non-Hormonal Intrauterine Devices**
 - Small T-shaped device placed in the uterus that can prevent pregnancy between 3 and 10 years, depending on the type
- **The Implant**
 - Small hormonal bar placed in the arm, can prevent pregnancy for at least 3 years
- **Tubal Ligation or Vasectomy**
 - Permanent sterilization by cutting, tying, or blocking the fallopian tubes in a female or vas deferens in a male, thus preventing an egg and sperm cell from meeting.

Hormonal Birth Control

In addition to some IUDs and the implant, methods include:

- Pill
- Patch
- Vaginal Ring
- Shot/Injection

Condoms

Preventing sexually transmitted diseases, or STDs, is also very important – both during pregnancy and afterwards. Not only can your body be affected by an STD, but the baby could be affected during pregnancy or birth as well. Using protection consistently and getting tested regularly is extra important when pregnant to keep both you and baby safe.

Abstinence

Abstinence from sex is an option any time in a person's life—even if you've had sex before. To eliminate any risk of having a second pregnancy too early, choosing not to have sex is the safest, most effective option.

Birth control is easily accessible! You can purchase condoms and other barrier methods at many convenience stores and markets, or you can get them for free from some clinics. Hormonal methods of birth control do require a prescription from a doctor, which you can get from your regular doctor or from a family planning clinic!

There are many factors to think about when deciding which method of birth control is best for you – whether you are breastfeeding or not, how often you can access it, time management... If you have any questions about any of these options, talk with your doctor. They can help you decide what option is the best for you.

Questions for My Doctor: Birth Control and Pregnancy Spacing

Your Legal Rights

If you are pregnant and/or parenting, here are some things you should know about your rights under the Iowa law:

“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.*”

****This basically means the school cannot treat you differently than other students based on your pregnancy or parental status!****

Participation in Classes and Activities

Under Title IX, your school must:

- Allow you to participate in classes and extracurricular activities. Your school cannot prevent you from engaging in AP/Honors classes, clubs, extracurriculars, etc.
- Allow you to CHOOSE whether or not you want to participate in special programs for pregnant/parenting teens.
 - The school cannot pressure you to join these programs—the decision is yours.
 - These programs must offer the same type of type of enrichment opportunities as the regular academic and extracurricular options.
- Offer reasonable adjustments for you when necessary due to pregnancy (i.e. a larger desk, additional restroom breaks, etc.)

Excused Absences and Medical Leave

Under Title IX, your school must:

- Excuse any absences that your doctor deems necessary due to your pregnancy and/or childbirth
- Allow you to return to the same academic/extracurricular status as before your absence
 - You must also be offered the opportunity to make up any missed work without penalty
- Make sure that the school staff understand Title IX and abide by it
 - Teachers cannot refuse to allow submitted work after a missed deadline due to pregnancy/childbirth
 - Teachers must allow participation and attendance points to be made up if they were missed due to pregnancy and/or childbirth
 - School staff must provide the same special services it provides to any student with temporary medical conditions
 - i.e. independent study, in-home tutoring, etc.

Harassment/Bullying

Under Title IX, your school must:

- Protect you from any harassment based on sex, including your pregnancy/parental status or any related condition
 - i.e. sexual jokes/comments, sexually charged name-calling, spreading rumors about your sexual activity, making sexual propositions/gestures, etc.

Policies and Procedures

Under Title IX, your school must:

- Have and distribute a policy on sex discrimination
- Adopt and publish grievance procedures for students to file complaints of sex discrimination
- Identify at least 1 school employee in the school/district to carry out its responsibilities under Title IX, and notify all students and employees of this person

Medical Rights

As a pregnant/parenting teen, under Iowa law your rights may differ slightly than those of your peers who are not pregnant/parenting. Below you'll find information on these policies (or lack thereof) and your rights:

Receiving Prenatal Care

Minors (those under age 18) may consent to medical care regarding their pregnancy without parental consent.*

Adoption

Minors (those under age 18) may consent to placing their child up for adoption.

Abortion

Minors (those under age 18) may consent to a medical abortion with parental notification.

Parent/Guardian must be notified 48 hours before the procedure takes place

This requirement can be excused by a judge

Medical Care of Child

Minor parent (those under age 18) may consent to medical care regarding their child without parental consent.*

*=Iowa has no specific policy written for this

Continuing Your Education



Getting through high school as a new parent can be complicated enough on its own; the thought of going to college may seem impossible! Balancing class, affording tuition, a job, and parental responsibilities adds an extra layer of challenges. However, with lots of dedication and the right supports/resources in place, continuing your education is certainly within reach.

There are tons of options for continuing your education, such as **2-year, 4-year, or vocational programs**. Getting a secondary education offers a number of benefits, including:



- Access to better-paying jobs
- Less risk of poverty and lower stress levels
- Access to benefits at these jobs, including healthcare and savings for retirement
- Job satisfaction and security

In addition, research shows a parent's higher level of education has been associated with positive outcomes for the child, including:

- Greater preparedness for school
- Academic and social success
- Less likely to abuse substances such as drugs or alcohol

Making the decision to go to college can be overwhelming; where do you even begin?! Chatting with your high school guidance counselor/academic advisor is a great first step—they can offer some great insight into your options and help you figure out what to do first.

Furthermore, here are some ideas to keep in mind when planning for the next step in your life:

- Talk with your guidance counselor to work on your FAFSA (financial aid)
- Learn about the differences between 2-year, 4-year, and vocational school and decide the best option for you
- Plan visits to the colleges you're interested in on college visit days—many schools offer a couple of excused absences for this!
- Schedule solo visits for the schools you are super interested in
- Ask to sit in on a class
- Ask to meet another parenting student at the school
- Learn about any resources or supports the school provides, such as daycare or other facilities
- Ask about the housing options at the school
- Meet with the financial aid person at the schools you are interested in to see what options are available to you.

And that's a wrap! Well, sort of. This is just the beginning, but this toolkit is here as a resource for you in helping to make the best initial decisions possible. Even if this is not the path you anticipated taking, you have the tools to create a bright and successful future. On the following pages you will find a Des Moines metro-area resource guide to help you find the assistance you need to start this journey off on the right foot. You can find additional resources on our website theboost.org. Remember, we are here for you. We wish you the utmost success!

Notes

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What's Where? – Around the Metro

Resource Type	Agency/ Organization	Program Name	Address	Contact Info/Website	Description
Childcare	Department of Human Services	Child Care Client Portal		https://ccmis.dhs.state.ia.us/clientportal/providersearch.aspx	Online tool for finding childcare service providers near you
		Child Care Assistance		http://dhs.iowa.gov/child-care	Information on applying for CCA
	Orchard Place Child Guidance Center	Child Care Resource and Referral of Central Iowa	808 5th Ave., Des Moines, IA 50309	515-246-3560 https://www.dallascountyiowa.gov/Home/Components/ServiceDirectory/ServiceDirectory/204/142	Childcare referral service. Trained counselors help you find care that best suits your needs
Continuing Education	Local School			**Check with your school counselor to see what your options are	
	National Women's Law Center	Pregnant & Parenting Students' Rights Toolkit		https://nwlc-ciw49tixgw5lbab.stackpathdns.com/wp-content/uploads/2016/08/Final_Aug2016_nwlc_PPToolkit.pdf	Online toolkit to your rights as a pregnant/parenting student
Department of Human Services Offices	Dallas County Office		25747 N Avenue, Adel, IA 50003	800-397-3232	Metro-area DHS Office
	Polk County Offices	Carpenter Office	1900 Carpenter, Des Moines, IA 50314	515-286-3555	Metro-area DHS Office
		River Place Office	2309 Euclid Ave, Des Moines IA 50314	515-725-2600	Metro-area DHS Office
Education/ Resource Programs	Department of Human Services	Promise Jobs	122 Kellogg Ave, Ames, IA 50010	http://dhs.iowa.gov/reports/promise-jobs-reports	Provides work and training services to FIP participants
	Evelyn K Davis Center	Fatherhood Classes	801 University Ave. Des Moines, IA 50314	https://www.evelynkdaviscenter.org/Pages/fatherhood-classes.aspx	Classes offered 2x/week for fathers

EyesOpenIowa			www.theboost.org www.eyesopeniowa.org	Online resource for pregnant and parenting young people. Offers general information, handbooks, etc.
Iowa Foster Care Youth Councils	Achieving Maximum Potential (AMP)		http://www.ampiowa.org/en/resource/young_parent_support/	Links to several great parenting articles offering tips and tricks
Lutheran Services of Iowa	Early Childhood Services		http://lsiowa.org/early-childhood/	Locator for several support programs sorted by county
Polk County Family Enrichment Center	Family Development and Self-Sufficiency Program (FaDSS--Polk)	2309 Euclid Ave, Des Moines, IA 50310	515-286-3406 https://www.polkcountyiowa.gov/cfys/services/family-enrichment-center/	Provides services that promote, empower, and nurture families towards economic and emotional self-sufficiency. For FIP participants
Visiting Nurse Services of Iowa	Care for Kids Program	1111 9th St., Ste 320, Des Moines, IA 50314	515-283-1422 careforkids@vnsia.org	EPSDT Program informs participants of the benefits they receive under Medicaid/Title 19
	Family Nest	1111 9th St., Ste 320, Des Moines, IA 50314	515-558-9946 info@vnsia.org	Education program where participants earn points for healthy behaviors, which they can use to purchase baby/household items
	Healthy Start & Empowerment Program	1111 9th St., Ste 320, Des Moines, IA 50314	515-558-9946 info@vnsia.org	Provides free & confidential services, including 1:1 education and health screenings, accessing resources, etc.
	Service Finder		https://www.vnsia.org/resources/find-the-services-you-need/default.aspx	Online tool to find a variety of services and supports
	Stork's Nest	1111 9th St., Ste 320, Des Moines, IA 50314	515-558-9946 info@vnsia.org	Education program where participants earn points for healthy behaviors, which they can use to purchase a variety of baby items
Young Women's Resource Center		818 5th Ave, Des Moines, IA 50309	515-244-4901 https://ywrc.org/audience/03-young-moms/	Offers several services, including young moms groups, pregnancy and birth support, therapy, doula support, education and referral, and more

	Youth Standing Strong	Family Development and Self-Sufficiency Program (FaDSS--Dallas)	105 S Marshall St, Boone, IA 50036	515-433-2091 http://www.yss.org/program/family-development-self-sufficiency-services/	Provides services that promote, empower, and nurture families towards economic and emotional self-sufficiency. For FIP participants
Food Banks	Feeding America			http://www.feedingamerica.org/find-your-local-foodbank/	Online tool to find local food banks
Insurance	Department of Human Services	Hawk-I		1-800-257-8563 https://dhs.iowa.gov/hawk-i	Insurance option through the state of Iowa
		Medicaid		1-800-338-8366 https://dhs.iowa.gov/ime/members	Insurance option through the state of Iowa
Legal Aid	Department of Human Services	Child Support Recovery		https://secureapp.dhs.state.ia.us/customerweb/	Recovering child support from other parent
	Drake Legal Clinic		2400 University Ave., Des Moines, IA 50311	515-271-3851 http://www.drake.edu/law/clinics-centers/clinic/	Legal clinic through Drake University, offers assistance for those who may not otherwise have access
	Iowa Legal Aid	Civil Legal Assistance		https://www.iowalegalaid.org/	Legal aid in several areas including child support, custody, guardianship, etc.
		Father's Rights		https://www.iowalegalaid.org/resource/fathers-rights-in-unmarried-situations?ref=wymuX	Information about a father's rights, both before birth and after
Medical Care	Broadlawns Medical Center		1801 Hickman Rd, Des Moines, IA 50314	515-282-2200	Metro-area hospital
	Dallas County Hospital	DCH Specialty Clinic (1x/month)	610 10th St, Perry, Iowa 50220	515.433.8700 https://www.fpcouncil.com/clinic-locator	Specialty clinic 1x/month offering prenatal services
	Mercy Hospital		1111 6th Ave, Des Moines, IA 50314	515-247-3121	Metro-area hospital
	New Opportunities	Family Planning		http://www.newopp.org/index.cfm?nodeID=22485&audienceID=1	Metro-area family planning
	Planned Parenthood of the Heartland			(877) 811-7526 https://www.plannedparenthood.org/	Metro-area family planning
	Primary Health Care			http://www.phciowa.org/	Metro-area family planning

	Title X Clinic Finder			https://www.fpcouncil.com/clinic-locator	Online tool for finding Title X clinics near you
	UnityPoint		1200 Pleasant St., Des Moines, IA 50309	515-241-6212	Metro-area hospital
Paternity Affidavit	Department of Human Services	Local Child Support Recovery		www.goo.gl/7ucA2u	Child support, paternity affidavit
		Local County Recorder Office		www.goo.gl/sVidtF	County list of Recorder offices where a paternity affidavit form can be accessed/returned
	Hospital				Ask for it at time of birth
	Iowa Department of Public Health	Bureau of Health Statistics	321 East 12th St., Des Moines, IA 50319	515-281-4944	Paternity affidavit form can be accessed/returned
Shelter	Central Iowa Regional Housing Authority			(515) 986-1882 http://cirhahome.org/	Offers assistance in finding housing, rental assistance, etc.
	Iowa Homeless Youth Centers - YSS		612 Locust St, Des Moines, IA 50309	(515) 883-2379 https://www.yss.org/locations/iowa-homeless-youth-centers/	Shelter services, including drop-ins, meals, showers, charging stations, laundry, and more
	Ruth Harbor		534 42 nd St., Des Moines, IA 50312	515-279-4661 www.ruthharbor.org	Christian-based shelter for pregnant/parenting moms, offers supports to become self-sufficient
	Shelter Listings			https://www.shelterlistings.org/city/des_moines-ia.html	List of shelters in the metro area. Guidelines/clients served vary

