



PREGNANCY AND PARENTING SUPPORT

A Door of Hope

Parenting & Pregnancy Program - Talk to your Client Advocate for a complete list.

- Wilmington location - 3407 Lancaster Pike, Wilmington, DE 19805 phone: 302-998-9000
- Middletown location - 316 East Main Street, Middletown, DE 19709 phone: 302-394-9500

Bethany Christian Services

Pregnancy support you can count on. For expectant parents facing a world of unknowns, they provide confidential support to help you find your best path forward. 855-687-3887

Brandywine Counseling & Community Services

The Perinatal program provides pregnant and parenting women specialized case management as an extension to behavioral health services to help prepare parents for healthy deliveries and successful parenting. 302-656-2348

Embrace Grace

Single and Pregnant? Find a support group near you. An unexpected pregnancy can be scary. It's normal to feel lost and alone and even a little afraid. We know what that's like - and we can help. You can have your baby and your dreams too. info@embracegrace.com | 817-755-8484

Stand Up Girl

Sometimes life throws difficult decisions at us. Think you're pregnant? Get help 24/7. Text "PREGNANT" to 833-475-5683. Their website offers pregnancy resources including pregnancy symptoms, pregnancy body tour, early pregnancy symptoms, pregnancy calculator, parenting information, and more.

St. Francis Childbirth and Breastfeeding classes

Saint Francis Hospital's childbirth and breastfeeding classes coach expectant mothers on what to expect during pregnancy and labor as well as advice on how to care for their newborn

Nurse-Family Partnership for First Time Moms

A program providing a nurse for women who are pregnant 28 weeks or less with their first baby to help you succeed by providing support, advice, and information

during your pregnancy and when your baby arrives. Call or text [844-637-6667](tel:844-637-6667) to learn more and get connected with your personal nurse.

[Children and Families First](#)

Your parenting journey begins before your baby is born. It's an important one that you should never have to travel alone. Children & Families First offers three healthy baby programs for expectant parents, child care referral and child care food programs.

- **Children & Families First Headquarters**
555 Justison Street, Suite 150, Wilmington, DE 19801
[302-658-5177](tel:302-658-5177) or [800-220-3092](tel:800-220-3092)
- **Kent County**
91 Wolf Creek Boulevard, Suite 1, Dover, DE 19901
[302-674-8384](tel:302-674-8384)
- **Sussex County**
410 S. Bedford Street, Georgetown, DE 19947
[302-856-2388](tel:302-856-2388)

[Child Inc.'s Parent Education Department](#)

Classes are FREE and open to everyone

For more information or to register for a class contact Laurie in the Parenting Education Department at [302-254-5522](tel:302-254-5522) or [302-762-8989](tel:302-762-8989)

For those in Kent/Sussex Counties, call [1-800-874-2070](tel:1-800-874-2070) (toll free)

[Parenting Tips from Child.Inc](#)

[Christiana Care Healthcare Ambassadors](#)

The Health Ambassadors work in targeted high-risk zip codes to connect pregnant women and young families to health care, social services, home visiting and educational programs. The health ambassadors work with community partners including [Henrietta Johnson Medical Center](#), [Saint Francis Healthcare](#), [Westside Family Healthcare](#) and the [Wilmington Hospital Health Center](#).

[Focus on the Family](#) Christ centered help for families to thrive including a wide variety of broadcasts, podcasts, telecasts, films, websites, blogs and radio programs providing information, guidance and practical insights on everything from adoption to marriage to media discernment to pastoral concerns.

[Jewish Family Services of Delaware](#)

Support for families facing challenges and crisis. Helping families and individuals improve stability, navigate transitions, and access mental health services. You don't have to be Jewish to receive help.

[Parents as Teachers](#)

Promotes the optimal early development, learning and health of children by supporting and engaging their parents and caregivers. [302-454-5955](tel:302-454-5955)

[Bayada Pediatrics](#)

Pediatric home health care for children with complex medical needs. Pediatric services are typically covered by a variety of public and private insurances and are licensed to provide Medicaid services – including Managed Medicaid and other government programs – in most states.

888-253-6197

SUPPORT GROUPS FOR MOMS

[MOPS – “Mothers of Preschoolers”](#)

A community of moms

Meet with your peers while the kids are being watched close by. Partnering with churches and organizations worldwide to equip and encourage moms.

[Find a MOPS group](#)

[Mama Baby Groups](#)

Support groups for moms and their babies. They also have breastfeeding classes for a fee.

Call 302-658-BABY(2229)

[Young Moms of Chester County](#)

Are you a pregnant or parenting young woman between the ages of 13 and 21? YoungMoms is an organization that can help you build friendships with other young moms, gain parenting and life skills, and further your education and career goals. For more information, contact them at youngmomsks@gmail.com or 855-964-6667