

RESOURCES FOR SAC STUDENT PARENTS

PREGNANT AND PARENTING STUDENTS

TITLE IX RIGHTS:

Colleges and Universities that receive federal funds must not discriminate against students on the basis of sex. This includes a student's pregnancy, childbirth, false pregnancy, termination, or recovery. Schools must provide equal access to school programs and extracurricular activities to students who might be, are or have been pregnant.

- Continue participation in classes and extracurricular activities.
- Reasonable Accommodations due to your pregnancy.
- Excused absences due to pregnancy or childbirth.
- Return to same academic and extracurricular status as before your medical leave.
- Protection from harassment.
- Contact Information
Student Conduct & Title IX Office
(210) 486-0926
➤ sac-cares@alamo.edu

LACTATION ROOMS

Multiple dedicated spaces where breastfeeding students and employees can comfortably, conveniently, and privately express breast milk. Located at:

- Science Building, between the Nursing & Allied Health Complex and N. Main Avenue. Room 115.
- Student Advocacy Center, room 214.
- Early Childhood Center, room B116. Available presenting student ID.
- Empowerment Center, room 120

EARLY CHILDHOOD CENTER

Early Childhood supports low-income parents' participation in post-secondary education through campus-based childcare services. Payment assistance and subsidized rates are available for qualifying students.

- Monday-Friday 7:30 a.m. - 4:30 p.m.
- Early Childhood Studies Bldg. (ECSB)
- Contact Information
Norma Padilla
npadilla@alamo.edu
(210) 486-0518
➤ <https://www.alamo.edu/sac/about-sac/college-offices/early-childhood-center/ecc-grant-information/>

KIDSPOT

KidSpot is a free family-friendly place for San Antonio College student parents to study and bring their children.

- Filled with small chairs, books, games, puzzles, and more.
- Open during normal library hours.
- Moody Learning Center (MLC), third floor
- <https://www.alamo.edu/sac/about-sac/college-offices/library/kidspot/>

OFFICE OF TECHNOLOGY SERVICES

Laptop rentals are available for any currently enrolled Alamo Colleges student needing reliable computer access. These resources are available free of charge on a first-come, first-served basis.

- Monday-Thursday 9 a.m. - 4 p.m.
- Friday:9am-Noon
- Moody Learning Center (MLC) - 208
- Contact Information
sac-servicectr@alamo.edu
(210) 486-0030
- <https://www.alamo.edu/sac/about-sac/college-offices/ots/service-center/>

SCOBEE EDUCATION CENTER

The Scobee Planetarium offers Friday night shows about stars, moon, constellations, planets, and galaxies. Students pay \$3.00 only in person 30 minutes before show time. Regular fee \$5.00

- Contact Information
sac-ScobeeCtr@alamo.edu
(210) 486-0100
- <https://www.alamo.edu/sac/about-sac/college-offices/scobee-education-center/scobee-planetarium/>

STUDENT ADVOCACY CENTER

Provides San Antonio College students with the resources they need to meet their basic needs, so they can focus on their academics.

- Student-parent support group on Fridays at 11:00 in the Moody Learning Center (Library) in the Kid Spot available from January 24 to May 16.
- Free daily snacks and drinks.
- Free services such as food pantry, clothes closet, counseling services, and low-cost internet by appointment.
- Diaper assistance twice a month.
- Emergency assistance for services and support including housing, health care, childcare, and utility assistance.
- Monday-Thursday 8 a.m. - 7 p.m.
Friday 8 a.m. - 5 p.m.
1st Saturday of the month 9 a.m. - 1 p.m.
- Contact Information
(210) 486-1111
- <https://www.alamo.edu/sac/about-sac/college-offices/student-advocacy-center/>

WELLNESS 360 - HEALTH CARE SERVICES

Affordable health care for Alamo Colleges students with and without health insurance.

- On-site clinic or via telehealth.
- Primary health services and behavioral and mental health treatments.
- Monday-Thursday 8 a.m. - 5 p.m.
*Appointments are not available between 12-1p.m.
- Nursing and Allied Health Complex (NAHC), room 100
Parking in the garage at W. Park Ave and Howard St.
- Call to make an appointment: **(210) 485-0571**
- <https://www.alamo.edu/experience-the-alamo-colleges/current-students/wellness-360/>

COMMUNITY RESOURCES FOR STUDENT PARENTS

3 FOR FREE MUSEUM PARTNERSHIP

Alamo College students and employees receive free admission to three area museums, in addition to several other benefits. Please note, you must present Alamo Colleges ID to claim 3 For Free benefits.

- <https://www.alamo.edu/experience-the-alamo-colleges/current-students/3-for-free/>

FUN 4 ALAMO KIDS!

Fun 4 Alamo Kids is your local resource for family friendly events and activities in San Antonio and surrounding areas.

- kids' events, children's programs and classes, youth sports, kids eat free directory, birthday party resources, rainy day activities, and free fun for kids, summer camps and MORE fun things for kids and families to do in and around San Antonio.
- <https://fun4alamokids.com/>

NATIONAL PARENT HELPLINE

Provides emotional support from a trained Advocate. It is here for you and is open to parents and caregivers of children and youth of all ages. A trained National Parent Helpline® Advocate is ready to listen to you, provide emotional support and get you connected to local services.

- Call **1-855-427-2736**
- 24 hours a day, 7 days a week, through calls, texts and chats
- <https://nationalparentyouthhelpline.org/>

PARENT CAFÉ

Parent Café is a structured, small-group conversation that focuses on transformation and healing within families. Cafés provide a physically and emotionally safe space where people talk and listen to each other about topics that matter to them. Parents and caretakers create strategies from their own wisdom and experiences to strengthen their families. Families with children up to 5 years of age are encouraged to participate.

- Contact Information
Ishimara Gonzalez Ishimara.Gonzalez@uhtx.com
210-358-9701

TEXAS PARENT HELPLINE

The Texas Parent Helpline is ready to listen, find solutions, and direct you to the right local resources.

- Call, chat, or text the parent support hotline anytime 24/7 to get help with problems, big and small.
- Free information and referrals to counseling and thousands of other local services in communities across Texas to help you deal with the many challenges of parenting.
- If you just need someone to talk to. The parenting hotline operators promise to listen and help without judgment.
- Most referrals are low or no cost services in your local Texas community.
- Call **(833) 680-0611**
- <https://www.getparentingtips.com/get-help-now/texas-parent-helpline/>

TOBIN STUDENTS

Discounted and complimentary tickets to a wide variety of performances at The Tobin Center. Whether you're passionate about theater, music, or dance, this program is our way of making the arts more accessible and enriching your college journey.

- <https://www.alamo.edu/experience-the-alamo-colleges/current-students/3-for-free/>

TRIPLE P - POSITIVE PARENTING PROGRAM

Triple P Online program for parents of young children and parents of teenagers. Triple P Online has 8 modules and Teen Triple P Online has 6 modules of positive parenting strategies. Parents learn about encouraging positive behavior, managing misbehavior, strengthening family relationships, and becoming more confident as a parent. Both programs are offered in English and Spanish.

- \$75 gift card incentive as a "thank you" for completing the program.
- Self-paced course allows you to log in whenever, wherever you want.
- Contact Information

Triple P at Metro Health

(210) 207-4599

triplep@sanantonio.gov

- www.triplep-parenting.com/us-en/find-help/positive-parenting-in-san-antonio/

Courtesy of the SAC Empowerment Center



ALAMO COLLEGES DISTRICT
San Antonio College

Empowerment Center