



The Successful Connections program offers support to new and expecting families, connecting them to community and parenting resources.

Connect with our Parent Resource Specialists at (785) 357-5171 option 5, or email successfulconnections@east.ks.childcareaware.org

Prenatal Checklist

FREE PREGNANCY TESTING

- ☐ **BIRTHRIGHT OF TOPEKA** (785) 234-0701 512 SW 7TH ST, TOPEKA, KS, 66603
- ☐ **MARY'S CHOICE** (785) 246-6805 551 NW BROAD ST., TOPEKA, KS, 66608
- ☐ **LIFELINE WOMEN'S RESOURCE CENTER** (785) 249-6130
2041 SW MCALISTER, TOPEKA, KS, 66604

PRENATAL CARE

- ☐ **UNIVERSITY OF KANSAS SYSTEM ST. FRANCIS WOMEN'S CENTER** (785) 295-5330
634 SW MULVANE ST. #209, TOPEKA, KS 66606
- ☐ **STORMONT VAIL OB/GYN LINCOLN CENTER - LINCOLN CAMPUS** (785) 233-5101
800 SW LINCOLN ST, TOPEKA, KS 66606
- ☐ **STORMONT VAIL OB/GYN LINCOLN CENTER - URISH CAMPUS** (785) 273-4010
2830 SW URISH RD, TOPEKA, KS 66614
- ☐ **GRACEMED - CAPITOL FAMILY CLINIC** (785) 861-8800
1400 SW HUNTOON ST, TOPEKA, KS 66604
- ☐ **GRACEMED - HIGHLAND PARK FAMILY CLINIC** (785) 861-8800
2025 SE CALIFORNIA AVE, TOPEKA, KS 66607

HOSPITAL AND BIRTH PLANNING

- ☐ Contact both local hospitals to learn about their labor and delivery services and preregistration.
- ☐ Attend prenatal/childbirth classes through your hospital or register for **Baby Basics** with the Shawnee County Health Department at (785) 251-5647.
- ☐ **Topeka Doula Project** (785) 380-7899
Get education, support, and guidance during pregnancy, labor & birth, and postpartum.
- ☐ Save contact information of family, friends, and doctors in your phone.

INSURANCE/FOOD/CHILD CARE ASSISTANCE

- ☐ **KanCare** (800) 792-4292 kancare.ks.gov/apply-now
- ☐ **WIC - SHAWNEE COUNTY HEALTH DEPARTMENT** (785) 251-5607
2600 SW EAST CIRCLE DR., TOPEKA, KS 66606
- ☐ Get help finding Child Care at **Child Care Aware of Eastern Kansas** (785) 357-5171 option 1

MENTAL HEALTH

- ☐ Contact **Valeo** for ongoing support, make an appointment at (785) 233-1730.
Contact their 24-hour Crisis Hotline at (785) 234-3300.
- ☐ **Postpartum Support International (PSI)** 24-hour Helpline
Call (800) 944-4773, text (503) 894-9753, or online postpartum.net to talk to a trained volunteer