



*2B Choices for Women*

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# CLIENT HANDBOOK

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*A Pro-Life Ministry of the Archdiocese of Mobile and*

*Catholic Social Services of Mobile*

September 28, 2022

2B CHOICES FOR WOMEN

188 South Florida St

Mobile, Alabama

(251)-343-4636

[2boptions@mobarch.org](mailto:2boptions@mobarch.org)

## *Our Mission...*

2B Choices for Women is a pregnancy and parenting services ministry supported by Catholic Charities as a program of Catholic Social Services that offers alternatives to abortion.

*Our mission is to provide compassionate support, parenting education and essential resources for pregnant women, birth fathers, and parenting families.*

2B Choices for Women believe in supporting life by providing support for both mom and baby, as well as the father figure, from pregnancy up to age two and a half. We provide free pregnancy testing, confidential consultations, Earn While You Learn prenatal and parenting classes, and information on abortion, parenting, and adoption.

The services are personal, confidential, and non-judgmental. We will not advise, provide, or refer for abortions.

The dedicated staff and volunteers of 2B Choices for Women will serve, empower and advocate for individuals of any race, religion or national origin, age, or marital status.

We are blessed with passionate, generous, talented volunteers who are concerned for every pregnant woman considering abortion, and the right of every child to be born. "Speak the Truth in Love" is our guiding principle.

## *Confidentiality*

2B Choices for Women staff and volunteers maintain strict confidentiality. In the event that you wish to consent for staff to discuss certain aspects of your case (such as with your doctor), a formal Release of Information must be completed detailing the specific type of information that is allowed to be disclosed as well as the individual(s) who are given permission to access this information.

Staff are subject to Mandatory Reporting requirements outlined by the Department of Human Resources.

2B utilizes web-based marketing and social media to facilitate volunteers and donations. If you would like to allow us to use your picture, indicate that you give consent on the Media Release form. No names will ever be published on websites, social media, or marketing materials utilized by 2B Choices for Women. You have the right not to have your photograph published in any 2B or Archdiocese of Mobile media. If you do not want your picture to be used, indicate that you do not give your consent on the Media Release form.

## *Pregnancy Testing*

2B offers free pregnancy testing that is self administered by the client. Staff/volunteers may assist the client with interpreting the results of the test. 2B Choices for Women is not a medical facility, and cannot diagnose pregnancy. If your test indicates that you are pregnant, you can refer to page 9 of this handbook for the available physicians and/or community clinics in the area to schedule an appointment to receive an official confirmation of pregnancy.

## *Are You Considering Adoption?*

If you are considering an adoption plan for your baby, staff are here to support you through the entire adoption process. Our birthmothers work one-on-one with a licensed social worker to develop an adoption plan. If you would like more information on adoption, staff will schedule you an appointment with our Executive Director or Licensed Clinical Social Worker to answer your questions and discuss your options.

## *Earn While You Learn Program Guidelines*

The Earn While You Learn program is an in-person and online based prenatal and parenting curriculum. Each lesson consists of a brief discussion about the stage in pregnancy, infant and toddler development, a video, and a worksheet.

For clients that are pregnant you have up to 40 weeks to prepare for the arrival of your new baby. The amount of baby bucks you earn is based on your active participation in the program.

We encourage clients to save. During the first 20 weeks of your pregnancy we ask clients not to spend hard earned Baby Bucks in the store. This is a valuable time to be saving your bucks. It is not a necessity to be buying baby products this early. The last 20 weeks provide plenty of time to get all the necessities you need for your new baby.

If you are pregnant and are not 20 weeks along but have a child under the age of 2 ½, you are allowed to use your Baby Bucks for the infant/toddler. Staff can help you budget properly to save bucks for items for your child.

Remember, you can come as frequently as every week for appointments during your pregnancy. After your baby is 6 weeks, appointments are scheduled on a bi-weekly basis. Bring all your materials and fully participate in the program, and you will have a lot of Baby Bucks in no time.

## 2B Choices for Women Client Handbook

Our office hours are Monday-Friday 8:30am-4:30pm. Appointments for in office classes are scheduled Monday through Fridays from 9:00 am to 11:00 am and from 1:00 pm to 3:00 pm. Lessons for online classes are sent on Monday mornings unless specified in email. If you will be late for your in-person class, call 251-343-4636. If you call prior to being late for your appointment, you will still earn the Baby Bucks for keeping your appointment on time. You are encouraged to call and reschedule if you know you will miss an in person class. You can also request for your lesson to be sent to you via online if you cannot attend an in-person class.

Clients are encouraged to schedule an appointment (in office class or shopping) **at least one hour** in advance. This will ensure that we will have a staff available for you and enough time to complete your lesson and best serve you.

Clients participating in the Earn While You Learn (EWYL) program are also encouraged to set personal goals throughout the program and work toward achieving those goals to earn additional baby bucks. Staff are here to encourage and support clients as they work toward self-sufficiency.

### *Ways to Earn Baby Bucks*

For every lesson that you complete in the office or online, you will earn Baby Bucks that can be spent in the Baby Store. There are several ways to earn Baby Bucks:

1. Enroll in EWYL Program (3)
2. Keep appointments on time (1)
3. Present Appointment Card (1)
4. Bring Shopping Bag (1)
5. Return assigned homework (1)
6. Watch video or read lesson (1)
7. Complete worksheet (1)
8. Bring a support person (1)
9. Bring father of the baby/father figure (3)
10. Refer a friend (3)
11. "Like" us on Facebook:  
2B- @2bchoices (3)
12. Follow us on Instagram :  
@2bchoices\_mobile (3)
13. Meet case plan goals/objectives (3)
14. Bring doctor appointment card (OB or Pediatrician) (1)

\*\* Staff will keep track of how many Baby Bucks you earn/spend. If you would like to request a Baby Buck Budget sheet to help you keep track of your bucks, staff will gladly provide one. \*\*

To earn the full amount of Baby Bucks, you must follow all guidelines and actively participate in the lesson. There may be additional opportunities to earn Baby Bucks throughout the program. Staff will advise clients of these opportunities as they become available.

Feel free to join our 2B Facebook Support Group. It is completely voluntary and only for 2B clients: 2B Choices for Women Support [facebook.com/groups/2bchoicesmobile](https://www.facebook.com/groups/2bchoicesmobile)

## *2B Baby Store Price List*

### Baby Clothes

Clothing	1 BB
Shoes	1 BB
Socks	2 pair/ 1 BB
Bibs, Burp Cloths, Caps	2/ 1BB

### Baby Care Products

Diapers (limit 4)	1 BB/bundle
Wipes (limit 1)	2 BB
Wash, Oil, Lotion	2 BB
Bottles	1 BB
Sippy Cups	1 BB

### Linens

Rec Blankets	1BB
Sheets	1 BB
Blankets- Large	2 BB
Quilt	5 BB

### Car Seats

Infant NEW	40 BB
Convertible NEW	35 BB
Forward Facing Harness NEW	35 BB

### Safe Sleep Options

Bassinet	New	20 BB	Used	15 BB
Pack n Play	New	30 BB	Used	15 BB
Combo	New	35 BB	Used	15 BB

### Baby Care & Furniture Items

Bath Tub	New	10 BB	Used	5 BB
Boppy Pillow		10 BB		
Baby Monitor		12 BB		
Stroller	New	30 BB	Used	15 BB
Umbrella Str.	New	15 BB	Used	10 BB
Diaper Bags	New	10-12 BB	Used	2-5 BB
High Chair		15 BB		
Walker		5BB		

### Books and Select Toys

FREE

### Food and Formula

FREE

\*\*Please be advised that the prices of items in the store are subject to change based on funding availability and material donations. Items returned to the store will be treated as donations.

**There will be no refund of baby bucks.**

## *2B Readers 4 Life*

The goal of the 2B Choices for Women's Readers 4 Life program is to promote the importance of reading for development and bonding. The reading program is designed to be incorporated into the current Earn While You Learn parenting/prenatal classes. Every three months, clients complete a lesson on prenatal, infant, or toddler development. A book is paired with the lesson to encourage parents to read to their children. Even during the 3 trimesters of pregnancy, mothers will receive story books and will be encouraged to read to their little one in utero. During infancy and toddlerhood, clients receive books on colors, counting, numbers, letters, animals, etc.

## *Covid-19 Protocol Updates*

Your health and safety are important to us. Since COVID remains a threat, we ask that you follow CDC guidelines. Please continue to socially distance yourself and wear a mask if you have not been vaccinated. You are not required to mask up if you are fully vaccinated. Children and support persons are able to accompany you to your appointments as well.

Protocol is subject to change as the CDC issues specific guidelines.

## *Graduation*

Clients who complete all Earn While You Learn modules, or whose children reach the age of 2 ½, will receive a certificate of graduation from the Earn While You Learn program. This is a time of celebration. Your certificate represents your continued effort and commitment to being the best parent you can be. In the event that you need further assistance, please refer to the Community Resource Guide on the following pages. You may also feel free to contact us at 251-343-4636, we would love to stay in touch as your children grow!!

## *Community Resources for Mobile County*

### **COUNSELING AND SUPPORT GROUPS**

Catholic Social Services: By appointment at 251-434-1550 or by Interdepartmental referral  
AltaPointe: For psychiatric crisis that is not life-threatening, call CarePointe 251-450-2211  
Lifelines Family Counseling: 251-602-0909  
Compassionate Friends (support group for people who have lost children/babies): 251-432-6200  
Postpartum Depression Helpline: 800-944-4773  
Premie Parenting Support Group: 251-415-1000

### **DOMESTIC VIOLENCE**

Penelope House for Women: 251-342-8994

### **FOOD**

Mobile County Food Stamp (SNAP): 251-450-6900  
Catholic Social Services: By appointment at 251-434-1550 or by Interdepartmental referral  
Salvation Army: Must have ID, first come, first served for dinner, 251-438-1625  
West Mobile Baptist Church (36608 and 36695 only): 251-639-9952  
Mobile County WIC 251-690-8829  
Love All Pantry: 251-999-9019  
The Joseph Project Food Pantry: 251-554-0122

### **HEALTH CARE**

Medicaid: 251-472-4361, applications available from 2B staff  
Mobile County Health Department: 251-690-8158  
Healthcare for the Homeless (HCH): 251-694-0070  
Franklin Primary Health Center- 251-432-4117  
South Alabama Cares (AIDS/HIV Resources): 251-471-5277  
Victory Health Clinic: 251-460-0999 for individuals and households without insurance that have at least one person working  
Accordia Health's HIV/HCV Prevention Program- [mmareno@accordiahealth.org](mailto:mmareno@accordiahealth.org) or 251-378-6675

### **CHILD CARE**

Child Care South: assistance for single mothers 251-433-2878  
Early Head Start: 251-444-1713  
Childcare Management Agency: 251-433-2878

## **EDUCATION/EMPLOYMENT**

Alabama Career Center: 251-943-1575  
Bishop State Community College Adult GED Classes: 251-662-5370 or [adulthoodeducation@bishop.edu](mailto:adulthoodeducation@bishop.edu)  
Dearborn YMCA Pathway to Employment GED Program: 251-432-4768  
Our Sister's Closet: 251-423-2001

## **HOUSING/HOMELESS SERVICES**

Housing First (homeless services): 251-694-5061  
McKemie Place (homeless women only): 251-432-1625  
Salvation Army (homeless men only): 251-438-1625  
Family Promise: 251-441-1991  
Sybil Smith Family Village (transitional housing): Must be referred through Housing First, 251-473-5526  
HUD-assisted properties: [mobilehousing.org](http://mobilehousing.org)  
Mobile Housing Authority: 251-434-2200  
Mary's Shelter (pregnant women over age 18): 251-986-6352

## **HOUSING DISCRIMINATION**

Center for Fair Housing: 251-479-1532

## **LEGAL**

Legal Services Alabama: 251-433-6560  
Volunteer Lawyer Services: 251-433-6693

## **OTHER ASSISTANCE**

Catholic Social Services (Mobile): 251-434-1550 by appointment only for food, utility, and rent  
Society of St. Vincent de Paul of Mobile County: [svdpmobile@gmail.com](mailto:svdpmobile@gmail.com)  
Mobile Community Action (Mondays only): 251-457-5700  
WAVE Transit System: 251-344-6600  
United Methodist Inner City Mission: 251-432-1122  
Dumas Wesley Community Center: 251.479.0649  
LifeGate Christ United Methodist Church: 251-380-0583



**MEDICAL CARE PROVIDERS**

<b>Facility</b>	<b>Address</b>	<b>Phone</b>	<b>Service</b>
Mobile County Health Department	251 North Bayou St Mobile, AL 36603	251-690-8158	OB/Pediatrics For more locations visit Mchd.org
Foster, Kendall M.D.	1701 Springhill Ave Mobile, AL 36608	251-433-8838	OB-GYN
Franklin Primary Health Center, Inc	1303 Dr. Martin Luther King, Ave Mobile, AL 36606	251-432-4117	OB-GYN/Pediatrics For more locations visit franklinprimary.org
USA Strada Patient Care Center	1601 Center St Mobile, AL 36604	251-434-3711	OB-GYN/Pediatrics
Mobile OB/GYN, PC	6701 Airport Blvd, St. B-321 Mobile, AL 36608	251-633-0793	OB-GYN
Bay Area Physicians For Women, PC	3715 Dauphin St. Bldg, 2 Ste 3B Mobile, AL 36608	251-344-5900	OB-GYN
Greater Physicians for Women, PC	1155 Hillcrest Rd Mobile, AL 36695	251-634-1250	OB-GYN
Infirmiry Health-Mobile Bay OB-GYN Center, PC	3 Mobile Infirmiry Cir. Ste 201 Mobile, AL 36608	251-435-7900	OB-GYN
Mostellar Medical Clinic	112701 Padgett Switch Rd Irvington, AL 36544	251-824-2174	OB-GYN/Pediatrics
Obstetrics & Gynecology Associates	3 Mobile Infirmiry Cir # 211 Mobile, AL 36607	251-435-7800	OB-GYN
Sansaricq, Jean MD	524 Stanton Rd Mobile, AL 36617	251-479-0058	OBGYN

## 2B Choices for Women Client Handbook

## *Handbook Acknowledgement*

Sign and return to receive an extra Baby Buck

I, \_\_\_\_\_, certify that I have read the client handbook and understand the 2B Choices for Women requirements.

I agree to discuss any further questions regarding program policies or guidelines with 2B staff.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff Signature

\_\_\_\_\_  
Date

## 2B Choices for Women Client Handbook

**Media Release for 2B Choices for Women/Archdiocese of Mobile**

I, \_\_\_\_\_ understand that 2B Choices for Women, and the ministries of the Archdiocese of Mobile occasionally photographs or videotapes activities held at it's buildings and at special events in the community, for use solely in connection with official 2B publications, web site, and/or social media.

By volunteering/receiving services at 2B Choices for Women, I

\_\_\_\_\_ CONSENT

\_\_\_\_\_ DO NOT CONSENT

for 2B Choices for Women to use my/my child's image to raise awareness about 2B and its mission in print publications, websites, and social media sites. I release 2B Choices, Catholic Social Services, their agents, employees or assigns, from any and all claims for damages, libel, slander, invasion of privacy or any other claim based upon the use of my likeness.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Staff/Volunteer Signature

\_\_\_\_\_  
Date

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