



The following guide includes resources that may be helpful for parents, including resources that meet pregnancy, maternity and baby needs, as well as a few starting places for educational resources and organizations that offer community support.

FAMILY RESOURCE GUIDE

PREGNANCY RESOURCES

Pregnancy Resource Centers

Catholic Charities of East Tennessee

Services Offered:

- 24 Hour Helpline available at 877-990-4673
- Free Pregnancy Testing and limited ultrasounds
- Non-Judgmental & Caring Advice and Emotional Support
- Medical, Legal & Community Referrals
- Pregnancy & Prenatal Information
- Adoption Information & Services
- Pregnancy Options Information
- Pregnancy & Parenting Education
- Material Assistance
- Post-Abortion Counseling

Locations: Knoxville, Chattanooga, Johnson City, LaFollette, Helenwood, Newcomb

Website: <https://ccetn.org/pregnancy-help/>

TN Strong Families

Services Offered:

- Goods Assistance and Baby Items
- Pregnancy & Parenting Education

- Group Classes on community services & topics that promote healthy families
- Free Pregnancy Testing & Ultrasounds in our Knoxville Pregnancy Help Center
- Community Referrals

Requirements: Available for all pregnant women residing in East Tennessee!

Website: <https://ccetn.org/tn-strong-families/>

St. Mary's Legacy Clinic staff are happy to make a referral to TN Strong Families on your behalf.

Helping Mommas

Offers: Diapers, period products and other essential baby supplies.

Website: <https://tennessee.helpingmamas.org/>

FOOD RESOURCES

If your household is low-income and you have children under the age of 5, **WIC** is a great resource to expand access to nutritional food:

WIC

Website: <https://www.fns.usda.gov/wic>

Program Information: WIC is a state program that provides funding for certain groceries that are important for mothers such as fresh fruits, vegetables, baby food, milk, eggs, beans, cheese. Funding is available for pregnant women and women with children under the age of 5. Guardians such as fathers and grandparents may also enroll their children who are under the age of 5.

To apply: Find the number for the office in your county on the website and call or speak to St. Mary's Legacy Clinic staff for a direct referral. Support documents are required.

Requirements: Families qualify by income (185% of federal poverty line). Non-citizens can apply.

Please also see our [food resource guide for other food assistance programs in your area that may benefit you and your family.](#)

FINANCIAL ASSISTANCE RESOURCES

See our financial assistance resource guide for additional resources available in your area, including employment resources and programs that can help assist you if you receive unfair wages.

EDUCATION

County School Systems

See information for your local public school by searching “[Your County Name] County Schools”.

Tennessee Migrant Education Program

- Assists migratory students with enrollment in school systems
- **Website:** <https://www.tn-mep.net/>

Knox County Resource:

Centro Hispano

Bilingual Resource is for Latinos and Members of Minority Communities

Assistance Provided:

- English Classes
- Youth Mentoring and Parent Education Classes, etc.
- Resource Referrals
- Small Business Help

Website: info@centrohispanotn.org

Phone: (865) 522-0052

Sevier County Resource:

Sevier United

Assistance Provided:

- Language Learning Videos
- Emergency Resource Assistance & Referrals

Website: <https://www.sevierunited.org/>

Phone: 865-446-0117