Graduate Student Parent Tip Sheet

Campus-Based Services

1) **Lactation Spaces Map and Space Details**: Map and contact information for all known lactation rooms on campus with list of amenities.

http://www1.umn.edu/ohr/wellness/plcc/lactation/index.html

2) **Child Care Expense Appeal Form and Extenuating Circumstances Appeal** (as well as many other important forms): Form that may be filed with Office of Student Finance to allow for expansion of aid package to include up to $3000 per term in loan money for child care expenses. Available through forms on-line, at Onestop, or through link provided below.

http://onestop.umn.edu/forms/index.html

3) **Family Housing at the University Of Minnesota**: Two facilities one located at 27th and Como and the other on the edge of SP campus at Como and Cleveland. Open to all married, partnered or parenting students.
   
   Como Student Community Cooperative: [http://cscc.umn.edu/](http://cscc.umn.edu/)
   

4) **Child Care Centers on Campus and at Student Housing**

University Of Minnesota Child Development Center: [http://www.cehd.umn.edu/ChildDevelopmentCenter/](http://www.cehd.umn.edu/ChildDevelopmentCenter/)

Shirley G. Moore Laboratory School: This program is for special needs children only and requires an evaluation for admittance.

[http://www.cehd.umn.edu/ICD/LabSchool/default.asp](http://www.cehd.umn.edu/ICD/LabSchool/default.asp)

Como Early Learning Center:

Community Child Care Center, Commonwealth Terrace Cooperative

5) **Student Parent HELP Center Website**: The SPHC is an undergraduate service program specifically but we are always willing to consult or provide referrals to graduate students with family needs or in need of referrals.

Community-Based Services

1) **WIC** (Women, Infant, Children) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. Very easy to qualify and sign up for this service.

   http://www.fns.usda.gov/wic/
   http://www.health.state.mn.us/divs/fh/wic/

2) **Greater Minneapolis Crisis Nursery**: Respite care for overwhelmed parents who need safe, short term child care during times of stress.

   http://crisisnursery.org/

3) **Minnesota Medical Assistance (MA) Application and Other Resources**


4) **Minnesota Supplemental Nutrition Assistance Program (SNAP) and Food Assistance Programs**

   http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&dDocName=id_002555&RevisionSelectionMethod=LatestReleased
Scholarships

1) LULAC National Scholarship Fund
LNESC and LULAC established the LULAC National Scholarship Fund (LNSF) to help youth in underserved communities make the dream of college enrollment a reality. LNSF is a unique partnership between grassroots advocates and corporations that funds educational opportunities for deserving youth across the U.S.
Award: $250-$2000
Deadline: Currently closed
http://lnesc.org/site/338/Scholarships/LULAC-National-Scholarship-Fund

LNSF Award Criteria: Applicants are eligible for the following 3 types of scholarship awards. (First two are for entering freshman only)

3. General Awards ($250 to $1,000)
   • Grades and academic performance will serve as indicators of potential; however, an emphasis may be placed on the individuals motivation, sincerity, and community involvement.