Primary Goals of the Student Parent HELP Center

1. To create a welcoming, supportive community of student parent learners at the University of Minnesota.
2. To provide a voice and visibility for student parents in higher education.
3. To eliminate the unique economic and related barriers that student parents face as they attempt to complete their first undergraduate degrees.
4. To provide a fun, family-friendly, and academically supportive environment for student parents on campus.
5. To acknowledge and honor the many successful student parents attending the University of Minnesota.
6. To encourage all young parents to explore the possibility of advanced education by providing outreach and education to teen parent programs in the metro area.

Other services and resources
- assistance with applications for admissions and financial aid
- mid-term celebrations and parent study nights
- end-of-year celebration and grad party
- outreach to teen parent programs in the greater/Twin Cities community

Direct requests to
Student Parent HELP Center
Office for Student Affairs
24 Appleby Hall
128 Pleasant Street S.E.
Minneapolis, MN 55455, 612-626-6015

Student Parent HELP Center
University of Minnesota, East Bank

Student parent lounge and computer center
24 Appleby Hall
(located next door to Fraser Hall)

Staff offices
Director, Susan Warfield, LICSW, 20 Appleby Hall
Anne Rieke, LISW, 66 Appleby Hall

General information
612-626-6015

Fax
612-626-9867

E-mail
sphc@umn.edu

Web site
http://www.osa.umn.edu/help_center/

Mailing address
Student Parent HELP Center
24 Appleby Hall
128 Pleasant Street S.E.
Minneapolis, MN 55455

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Student Parent HELP Center

The University of Minnesota invites all undergraduate students with children to visit the Student Parent HELP Center (SPHC), a centrally located support and assistance program for student parents.

The SPHC provides many services designed to encourage student parent success at the University. The center offers a warm, academically oriented facility where parents can study and develop community with other students facing the many challenges and rewards that parenting as a student offers.

Student parents must register with the HELP Center by completing a brief intake appointment in order to be eligible for any of the varied SPHC programs. To schedule an intake appointment, where you will also be screened for child care grant eligibility, please call 612-626-6015, or stop by 24 Appleby Hall. Appointments can be scheduled Monday through Thursday, 8 a.m. to 4 p.m.

Services and Programs

Child Care Assistance Programs
CCAMPIS (Child Care Access Means Parents In School) Child Care Assistance Grant
Child care assistance funding available to students who are
- PELL Grant eligible
- utilizing a licensed child care facility (no in-home providers)
- not eligible for the Post Secondary Child Care Grant Program
- meet other basic criteria related to credit hours of attendance and income

Post Secondary Child Care Grant
Child care assistance funding available for student parents who
- qualify for the Minnesota State Grant (requires Minnesota residency)
- are in good academic standing (as established by U of M financial aid office)
- do not receive Minnesota Family Investment Program (MFIP) funds (food stamps and medical assistance exempt)
- meet other basic criteria related to credit hours of attendance and income

Various private foundation-based child care assistance programs
Child care assistance available for student parents who
- do not receive funding from the Post Secondary Child Care Grant, CCAMPIS Child Care Assistance Grant, or other programs.
- meet other specific eligibility criteria set by funding sources or the SPHC. These may vary from term to term depending on donor stipulations and will be reviewed at time of application.

Student Parent HELP Center Emergency Funds
Limited funds are available for academic and family-based emergency needs. These are awarded on a case-by-case basis and are dependent on availability of funds, student’s enrollment and academic standing, severity of need, and other eligibility criteria.

Please contact the SPHC directly for specific eligibility criteria related to all of our funded programs. Screening for child care assistance eligibility also takes place during the initial intake appointment.

Counseling and advocacy
A wide variety of short term, non-therapeutic counseling services are available to address various personal, academic, and family issues. Services include advocacy; crisis intervention referrals; and coaching and assistance with problem-solving, parenting, and life skills. Additionally, the entire SPHC program is dedicated to making certain that the student parent “voice” is heard at the University, within higher education, and in the greater community. The center is staffed five days a week by trained, licensed, social work professionals and social work graduate students.

Academic and program planning
The SPHC offers help with career planning, resume review, meeting basic academic requirements, and compliance with University policies and procedures.

Mentoring and coaching
Newly pregnant student parents can be matched with more experienced University student parents or parent volunteers from the greater community.

Study area and computer center
The SPHC facility provides a study area and computer center. Student parents also have access to a lounge with refrigerator, microwaves, fax, copier and phone.

Resource and Referral
The SPHC staff members are well informed about both university based and off-site assistance programs, such as: academic support programs at the U of MN, on and off campus child care services, county assistance programs, on and off campus housing options. The SPHC strives to be a “onestop shopping” referral source for busy student parents.

Weekly parent academic support group
Student parent group meetings are held weekly during fall and spring semester, Wednesdays from 12 to 2 p.m. in 24 Appleby Hall. There is no pre-registration and students can attend all or part of the two-hour group meeting. Students should schedule an intake appointment at the front desk after their first group meeting. Lunch is provided during group as a means of nurturing busy student parent caregivers.

Communication and information
Upon completion of the SPHC intake process, biweekly e-newsletters containing grant and scholarship information, upcoming events, and other important news items are sent to student parents via their University e-mail account. Regular e-mail alerts are also provided regarding child care grant deadlines and other pertinent information.