

# Undergraduate Student Handbook

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## Pregnant and Parenting Student Resources

Saint Mary's College of California

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### **Pregnant and Parenting Students - Resources**

If a student becomes pregnant during their time at the College, the Health & Wellness Center, Counseling & Psychological Services, the Women's Resource Center, the Mission & Ministry Center and Student Disability Services are resources that are available to assist the student. Students may meet with the Director of Student Disability Services to examine the possibility of providing academic accommodations to assist with classes and student life.

#### *Nursing Mothers and Lactation Room*

In an effort to support parenting students, the College supports breastfeeding mothers by accommodating the mother who wishes to express breast milk during the day. The Women's Resource Center (WRC) has a private lactation room on the ground floor of Mitty Hall for mothers to use. The Lactation Room is furnished with a chair, clock and a small table and equipped with a hospital-grade breast pump. There is access to a full-size refrigerator for the storage of ice packs.

Students wishing to use the Lactation Room must go to the WRC to schedule times and for room access.

#### *Mamas on Mondays*

Student, faculty and staff mothers seeking support and resources can visit the Women's Resource Center and the Health & Wellness Center for a monthly drop-in support and discussion group.

#### Contact Information:

Sharon Sobotta, Director of the Women's Resource Center

Augustine Hall, Ground Floor  
[ssobotta@stmarys-ca.edu](mailto:ssobotta@stmarys-ca.edu); 925-631-4171