**NCH Maternity Services: Here for your pregnancy, delivery and beyond**

**During your pregnancy**
This folder contains information to help you prepare
- A listing of our full range of prenatal, childbirth and parenting classes
- Where to come and where to park—for you and your visitors—when the big day arrives
- Tips on choosing a doctor for your baby and a list of NCH pediatricians
- A pre-admission form you can mail in to simplify your admission process

**Delivery**
We are here with all the best medical care as you welcome your new baby
- All private room Women’s Center and Neonatal Intensive Care Unit (NICU) designated as a Level III facility—the highest rating from the state
- OB Hospitalist in the hospital 24/7 (a board-certified obstetrician)
- Maternal-Fetal Medicine services available 24/7 to work with your OB doctor (physicians who specialize in high-risk pregnancies)
- All private room NICU staffed 24/7 by neonatologists from Children’s Memorial Hospital for babies with special medical needs
- We encourage moms to keep their baby in their room as it is proven that mothers actually rest better if baby remains with them, however we have a well baby nursery, staffed 24/7, ready to care for your baby.
- A dedicated anesthesiologist in the hospital 24/7 in Labor and Delivery for mom’s pain management.
- Experienced and compassionate nursing staff
- Certified lactation consultants—breastfeeding consultations and breast pump rentals
- A specialized security system to protect you and your baby

**Beyond delivery**
- NCH is the only hospital in the Northwest Suburbs to have a partnership with Children’s Memorial Hospital. The partnership offers 24/7 coverage by Children’s Memorial pediatricians in our Pediatric Unit and in our dedicated Pediatric Emergency Department
- Our lactation consultants are available for telephone and in-person breastfeeding consultations even after you get home
- All new moms and babies are welcome at our “Mother-Baby Hour”—a weekly drop-in group in Arlington Heights, call 847.618.4968 for more information.

### IMPORTANT CONTACT NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCH</td>
<td>847.618.1000</td>
</tr>
<tr>
<td>Lactation Consultants</td>
<td>847.618.5225</td>
</tr>
<tr>
<td>Labor and Delivery</td>
<td>847.618.8400</td>
</tr>
<tr>
<td>Emergency Department</td>
<td>847.618.4000</td>
</tr>
<tr>
<td>Mother-Baby Unit</td>
<td>847.618.8500</td>
</tr>
<tr>
<td>Pediatric Emergency Department</td>
<td>847.618.3960</td>
</tr>
<tr>
<td>Neonatal Intensive Care</td>
<td>847.618.6450</td>
</tr>
<tr>
<td>Prenatal Class Coordinator</td>
<td>847.618.8475</td>
</tr>
</tbody>
</table>

For questions or updates on NCH Online Childbirth classes, write to: mypregancy@nch.org

For more information, visit nchbaby.org or call 847.618.4YOU (4968).
Welcome to Northwest Community’s Prenatal Classes and Tours. We offer a wide range of classes taught by registered nurses, both to help you better prepare for childbirth and to care for your newborn. The best time to register is during your fourth or fifth month of pregnancy. Classes may be rescheduled or combined if minimum enrollment is not met. For current schedules and fees, go to www.nchbaby.org or call 847.618.4968 (4YOU).

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prepared Childbirth Class</strong></td>
<td>This four-session class, held on consecutive weeks, teaches all aspects of childbirth, including the phases of labor and delivery. It is recommended during the seventh or eighth month of pregnancy. Instructions include relaxation exercises, breathing techniques and comfort measures. A detailed description of all phases of labor and birth, including medical interventions, anesthesia and options for labor, as well as a birth video and a tour of the obstetrical department, are included. This class is taught by a registered nurse who is a certified childbirth educator.</td>
<td></td>
</tr>
<tr>
<td>(in-person)</td>
<td>Classes are once a week for 4 weeks.</td>
<td></td>
</tr>
<tr>
<td><strong>Prepared Childbirth Class</strong></td>
<td>The Gift of Motherhood eLearning Childbirth Education Program is a convenient alternative for expectant parents who cannot attend a conventional prepared childbirth class due to bed rest, scheduling conflicts or time constraints. It is also useful as a refresher course for repeat parents. The program is an interactive, Web-based tool that contains animated illustrations, videos, voice-overs and games. After you register, you will receive an access code and you will have access for a 60-day period, beginning from the date of your initial use. An accompanying parent’s handbook will be sent after registration. You will also have one class with a certified educator to review breathing and relaxation techniques. Tour of obstetrical department included.</td>
<td></td>
</tr>
<tr>
<td>(Internet)</td>
<td>The Gift of Motherhood eLearning Childbirth Education Program is a convenient alternative for expectant parents who cannot attend a conventional prepared childbirth class due to bed rest, scheduling conflicts or time constraints. It is also useful as a refresher course for repeat parents. The program is an interactive, Web-based tool that contains animated illustrations, videos, voice-overs and games. After you register, you will receive an access code and you will have access for a 60-day period, beginning from the date of your initial use. An accompanying parent’s handbook will be sent after registration. You will also have one class with a certified educator to review breathing and relaxation techniques. Tour of obstetrical department included.</td>
<td></td>
</tr>
<tr>
<td><strong>Prepared Childbirth Refresher</strong></td>
<td>For those who have taken the Prepared Childbirth Class in the past, this course will review stages of labor, comfort measures, breathing and relaxation techniques, and pain relief options for labor. A birth video and a tour of the new obstetrical department are included. This class is taught by a registered nurse who is a certified childbirth educator (and mother of three!). Please bring a mat and pillows. A minimum number of registrants is required.</td>
<td></td>
</tr>
<tr>
<td>(in-person)</td>
<td>For those who have taken the Prepared Childbirth Class in the past, this course will review stages of labor, comfort measures, breathing and relaxation techniques, and pain relief options for labor. A birth video and a tour of the new obstetrical department are included. This class is taught by a registered nurse who is a certified childbirth educator (and mother of three!). Please bring a mat and pillows. A minimum number of registrants is required.</td>
<td></td>
</tr>
<tr>
<td><strong>Breastfeeding Class</strong></td>
<td>A certified lactation consultant will provide information and demonstrate techniques to help new mothers maximize their opportunity to establish successful breastfeeding. The benefits of breastfeeding for both mom and baby will also be discussed. Partner or support person is welcome.</td>
<td></td>
</tr>
<tr>
<td><strong>DADs Only Class</strong></td>
<td>This DADs Only Class will explore the magic and challenges of first-time fatherhood. An experienced dad will facilitate this class modeled on the Boot Camp for DADs® program.</td>
<td></td>
</tr>
</tbody>
</table>
### Infant/Child CPR & Safety
This class teaches the American Heart Association’s techniques for infant and child CPR and first aid techniques for choking. Participants will have an opportunity to practice techniques on a mannequin. Infant and child safety topics will be discussed, including childproofing your home. The $50 fee applies to either couples or singles. Fee.

### A New Baby... Now What?
Learn hands-on basic care and survival techniques to get through the first month at home with a new baby. This class will cover basic baby care, including comforting a crying baby, how to know if your baby is sick and when to call the doctor, as well as proper car seat installation. Fee.

### Super Brother/ Super Sister (for siblings of babies being born at NCH)
This class helps prepare children ages 2 and older for a new baby’s arrival. Class includes a slide show and puppet movie about being a new big brother or sister. There is a discussion about how to hold, diaper and feed a baby. Each child receives a T-shirt. A visit to the nursery window may be included. Children must be accompanied by at least one parent. Fee.

### Tours of the Women’s Center at NCH
Tours are available for those who are not taking prepared childbirth classes. Tours are available on Monday evenings or Saturday mornings. You may register online for the current available session. To register for another day and month, call HealthConnection at 847.618.4YOU (4968). Free.

*Tours are free, but registration is required: please, no children under 10; younger children are encouraged to attend a Super Brothers/Super Sisters class. Tours are held the first Monday of every month 6:45 or 8 pm, or second Saturday of every month 9:30 or 11:00 am.*

### Wellness Center Classes
Call 847.618.3500 for current schedule
A variety of prenatal and postnatal exercise classes are offered at the Wellness Center, including yoga, pilates and water exercise.

Please contact the Wellness Center directly at 847.618.3500 or visit nchbaby.org for current schedule and fees.

### Other Special Services

**Mother/Baby Hour**—The adjustment to motherhood often brings many questions and concerns. New moms and babies are invited to join one of Northwest Community’s perinatal educators and other new moms to share the joys and uncertainties of everyday motherhood in a relaxed atmosphere. The group meets every Tuesday from 10–11:30 am. For more information call 847.618.4968.

**Breastfeeding Support Services**—Registered nurses certified by the International Board of Lactation Examiners are available on an inpatient and outpatient basis to offer help and encouragement to nursing mothers. For more information, call Northwest Community’s certified lactation consultants at 847.618.8545.

**Renew Through Sharing (RTS)**—The Renew Through Sharing program provides support to parents who are grieving the loss of their baby through ectopic pregnancy, miscarriage, stillbirth or newborn death. The Parents Support Group meets on the 2nd Monday of the month from 7–8 pm. For more information call 847.618.8475.
There are so many changes that happen after you have a baby! This is an exciting time for you and it may be hard to remember all the little things that need to be done.

One of the important things that you need to do in the first few days after your baby is born is to add the new baby to your insurance. This can be done directly from the hospital by calling your insurance company using the phone number, which can be found on the back of your insurance card.

Making this call will help you avoid unnecessary phone calls to clear up problems with bills. If you do not call your insurance company, the baby is not added to your insurance. It is a common mistake to think that the baby is added automatically after you deliver. Our experience tells us that this does not happen.

If you have a question or concern about your bill, please call our Financial Counselor at 847.618.4542.
Choosing a doctor for your baby:
Helpful tips for this important decision

When should I choose a doctor for my baby?
- You should definitely make your choice before you come to the hospital in labor!
- Start the process of looking sooner rather than later—it may take time.
- Your doctor will begin caring for your baby during your hospital stay.

What if I don’t have someone picked out before I deliver? Aren’t there doctors at the hospital who can take care of my baby?
- We can assign someone to care for your baby, but if that physician is not covered by your insurance plan, you will be responsible for the charges.
- It’s best to make your decision ahead of time so you can relax—the person you have chosen will be involved in your baby’s care from the very beginning.

I’ve chosen someone not on staff at NCH—how will that work?
- Consult the doctor you have chosen for a referral to a doctor who is on your insurance plan who can see your baby here at NCH.
- After you and your baby are discharged, you can take your baby to the doctor of your choice.
- You may request a copy of your baby’s medical record by calling 847.618.3200.

So—how do I choose a doctor for my baby?
- Check your insurance plan for all the possibilities.
- Ask your family, friends and co-workers for their recommendations. You probably did these two basic things when you chose your obstetrician, right?
- Call NCH Physicians Referral at 847.618.4968 for additional information about educational background and years in practice.
- Some of these other points may be more or less important to you and your family—consider which are highest priority for you.
  - Location—the office should be close to home and/or work, with hours that are convenient for your family. You will be making regular doctor visits with your newborn!
  - Group or solo practice—if it’s a solo practice, who covers for your doctor when he/she is unavailable?
  - Are well children seen separately from ill children?
  - Billing procedures—do fees need to be paid at time of service or can they be billed? Do they offer a sliding scale based on ability to pay?
  - Can you take advantage of free or low-cost immunizations done at the Public Health Department?

For more information, visit nchbaby.org or call 847.618.4YOU (4968).
How do you reach the doctor after office hours?
Are they supportive of breastfeeding?
What is the average wait for an appointment?

If possible, schedule a prenatal interview. There is usually no charge for this, and it will give you a chance to see the office, meet the staff and discuss issues that are important to you. It’s the best way to learn if you and the doctor or practice have compatible attitudes about childrearing.

Anything else?

YES! After you deliver, you will need to add your baby to your insurance plan!

You can do this from the hospital by calling the phone number on the back of your insurance card.

We know it seems like this should happen automatically, but in our experience, it does not.
Physicians are joining our medical staff regularly; therefore, this list may not be complete. For the most complete list, please visit nchbaby.org, or call 847.618.4968 (4YOU).

### Arlington Heights

<table>
<thead>
<tr>
<th>Practice</th>
<th>Providers</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Clinic</td>
<td><strong>ACCEPTS MEDICAID</strong></td>
<td>675 West Central Road, Suite 101, Arlington Heights, Illinois 60005</td>
<td>847.342.1554</td>
</tr>
<tr>
<td>Dina Kaner, M.D.</td>
<td><strong>ACCEPTS MEDICAID</strong></td>
<td>3385 North Arlington Heights Road, #A, Arlington Heights, Illinois 60004</td>
<td>847.632.0600</td>
</tr>
<tr>
<td>Kid Care Medical</td>
<td><strong>ACCEPTS MEDICAID</strong></td>
<td>121 South Wilke Road, Suite 600, Arlington Heights, Illinois 60005</td>
<td>847.259.8379</td>
</tr>
<tr>
<td>Medical Care Group</td>
<td><em>Drs. Michelle Rose, Janet Mauer</em></td>
<td>1515 West Dundee Road, Arlington Heights, Illinois 60004</td>
<td>847.590.1515</td>
</tr>
<tr>
<td>Medical Pediatrics</td>
<td><em>Drs. Carol T. Burkhart, Armando Perez, Jennifer Pyle</em></td>
<td>1700 West Central Road #200, Arlington Heights, Illinois 60005</td>
<td>847.392.1880</td>
</tr>
<tr>
<td>Usha Murarka, M.D.</td>
<td></td>
<td>1430 North Arlington Heights Road, Arlington Heights, Illinois 60004</td>
<td>847.253.6900</td>
</tr>
<tr>
<td>Nippon Clinic</td>
<td><em>Akio Oiso, M.D.</em></td>
<td>2010 South Arlington Heights Road, Arlington Heights, Illinois 60005</td>
<td>847.640.5437</td>
</tr>
</tbody>
</table>

For more information, visit nchbaby.org or call 847.618.4968 (4YOU).
### Arlington Heights continued

**North Arlington Pediatrics**  
*Drs. Deidre Anderson, Kristen Brown, David Dobkin, Timothy Geleske, Andrew Peters, Beth Walsh, Michele Lawhun, Nan Walicki*  
1430 North Arlington Heights Road, Suite 105, Arlington Heights, Illinois 60004  
847.253.3600

| Partners in Pediatrics | Anita Shah, M.D.  
|------------------------|-----------------|  
| 605 West Central Road #200, Arlington Heights, Illinois 60005  
847.670.0704 |

| Pediatric Associates of Arlington Heights | Drs. Melissa Dianovsky, Lalaine Vitug-Pacis, Kiera Iannantuoni, Rosanne Kason, Laura Weingart  
880 West Central Road #4200, Arlington Heights, Illinois 60005  
847.259.5070 |

| Pediatric Healthcare Associates | Drs. Elchanan Golan, Paul Goldstein, Bernadetta Kordas-Costello, Norman Segal  
1640 North Arlington Heights Road, Arlington Heights, Illinois 60004  
847.577.2080 |

| Pediatric Solutions, S.C | Drs. Satish Charo, Stephanie Baker  
3233 North Arlington Heights Road #209, Arlington Heights, Illinois 60004  
847.670.4545 |

| Enayatollah Rezvani, M.D. | 605 West Central Road, Arlington Heights, Illinois 60005  
847.259.2620 |

1051 Rand Road, Arlington Heights, Illinois 60004  
847.499.3070 |

| Specialty Pediatrics | Gregory Goodlow, M.D.  
3295 North Arlington Heights Road #106-107, Arlington Heights, Illinois 60004  
847.797.0587 |

| Gregory A. Summers, M.D., Alexandra Lambrou, M.D. | **ACCEPTS MEDICAID**  
2010 South Arlington Heights Road, Suite 210, Arlington Heights, Illinois 60005  
847.758.2080 |

| Wee Care Pediatrics | Gregory Gorski, M.D.  
3335 North Arlington Heights Road, Arlington Heights, Illinois 60004  
847.788.8300 |

---

For more information, visit nchbaby.org or call 847.618.4YOU (4968).
<table>
<thead>
<tr>
<th>Location</th>
<th>Practice Name</th>
<th>Doctors</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bartlett</td>
<td>Drs. David Schwartz, Samuel Schwartz</td>
<td></td>
<td>257 South Main Street, Bartlett, Illinois 60103</td>
<td>630.289.8800</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bloomingdale</td>
<td>ABC Pediatric &amp; Neonatology</td>
<td>Ravindranath Reddy, M.D.</td>
<td>473 West Army Trail Road #102, Bloomingdale, Illinois 60108</td>
<td>630.529.6969</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buffalo Grove</td>
<td>Arlington Heights Pediatrics</td>
<td>Drs. Charles Slavik, Michael Slavik</td>
<td>125 East Lake Cook Road, Buffalo Grove, Illinois 60089</td>
<td>847.459.4420</td>
</tr>
<tr>
<td></td>
<td>Pediatric Healthcare Associates</td>
<td>Drs. Elchanan Golan, Paul Goldstein, Bernadetta Kordas-Costello, Norman Segal</td>
<td>125 East Lake Cook Road #104, Buffalo Grove, Illinois 60089</td>
<td>847.459.4747</td>
</tr>
<tr>
<td></td>
<td>Drs. Mark Rothschild, William Rutenberg</td>
<td>Drs. Charles Slavik, Michael Slavik</td>
<td>135 North Arlington Heights Road #152, Buffalo Grove, Illinois 60089</td>
<td>847.634.2200</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Des Plaines</td>
<td>Mohammad Abtahi, M.D. ACCEPES MEDICAID</td>
<td></td>
<td>1400 East Golf Road #222, Des Plaines, Illinois 60016</td>
<td>847.375.0888</td>
</tr>
<tr>
<td></td>
<td>Clinical Associates ACCEPES MEDICAID</td>
<td>Susila Subramanian, M.D.</td>
<td>150 North River Road, Des Plaines, Illinois 60016</td>
<td>847.297.0968</td>
</tr>
</tbody>
</table>

For more information, visit nchbaby.org or call 847.618.4YOU (4968).
<table>
<thead>
<tr>
<th>Location</th>
<th>Practice Name</th>
<th>Physicians</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elk Grove Village</td>
<td>The Medical Care Group, Ltd.</td>
<td><em>Drs. Deborah Zoller, Marc Nudelman, Sabrina Lin, David Erickson</em></td>
<td>800 West Biesterfield Road, Brock Building #4008, Elk Grove Village, Illinois 60007</td>
<td>847.228.0460</td>
</tr>
<tr>
<td></td>
<td>Drs. Deborah Santo, Sarah Pae</td>
<td></td>
<td>810 Biesterfield Road, Elk Grove Village, Illinois 60007</td>
<td>847.981.3677</td>
</tr>
<tr>
<td></td>
<td>Precious Hearts Pediatrics, P.C.</td>
<td><em>ACCEPTS MEDICAID</em></td>
<td>509 North Zenith Drive, Glenview, Illinois 60025</td>
<td>847.375.0707</td>
</tr>
<tr>
<td>Hoffman Estates</td>
<td>Drs. Bruce Bedingfield, Shannon Nourbash, Debra Rosewell, Joy Silver</td>
<td></td>
<td>2500 West Higgins Road #440, Hoffman Estates, Illinois 60169</td>
<td>847.839.0400</td>
</tr>
<tr>
<td></td>
<td>The Medical Care Group, Ltd.</td>
<td><em>Drs. Eric Johnson, Jennifer Lynch</em></td>
<td>1786 Moon Lake Blvd, #216, Hoffman Estates, Illinois 60194</td>
<td>847.884.7550</td>
</tr>
<tr>
<td></td>
<td>Tots &amp; Teen Health Associates</td>
<td><em>Drs. Nargis Awatramani, Hajira Poonawalla, Priyadarshini Ramesh</em></td>
<td>2500 West Higgins Road #480, Hoffman Estates, Illinois 60195</td>
<td>847.843.7212</td>
</tr>
<tr>
<td>Lake Zurich</td>
<td>Pediatric Associates of Arlington Heights</td>
<td><em>Drs. Melissa Dianovsky, Lalaine Vitg-Pacis, Kiera Iannantuoni, Rosanne Kason, Laura Weingart</em></td>
<td>765 Ela Road #102, Lake Zurich, Illinois 60047</td>
<td>847.726.7654</td>
</tr>
</tbody>
</table>

For more information, visit nchbaby.org or call 847.618.4YOU (4968).
### Mount Prospect

**Gisela Gonzalez, M.D. ACCEPTS MEDICAID**  
601 West Central Road #1, Mount Prospect, Illinois 60056  
847.222.0999

### Niles

**Jalal Rais-Dana, M.D. ACCEPTS MEDICAID**  
8780 Golf Road, Niles, Illinois 60714  
847.296.6706

### Palatine

**Christine Duong, M.D.**  
600 North North Court #115, Palatine, Illinois 60067  
847.359.5000

**Pediatrics Central ACCEPTS MEDICAID**  
*Abdul Malhes, M.D.*  
385 West Northwest Highway, Palatine, Illinois 60067  
847.359.9800

**Vista Health Center of Cook County ACCEPTS MEDICAID**  
Northeast Palatine Community Center, 1585 North Rand Road, Palatine, Illinois 60074  
847.934.7969

### Schaumburg

**Arlington Heights Pediatrics**  
*Drs. Charles Slavik, Michael Slavik*  
1931 North Meacham Road #200, Schaumburg, Illinois 60173  
847.303.0904

**Swarup Karande, M.D.**  
455 South Roselle Road #109, Schaumburg, Illinois 60193  
847.584.5000

**Usha Murarka, M.D.**  
455 South Roselle Road, Schaumburg, Illinois 60193  
847.352.4633

**Drs. David Schwartz, Samuel Schwartz**  
455 South Roselle Road #225, Schaumburg, Illinois 60193  
847.352.3630

**Wee Care Pediatrics**  
*Gregory Gorski, M.D.*  
455 South Roselle Road, Schaumburg, Illinois 60193  
847.352.9910

**Woodfield Pediatrics**  
*Drs. Ronald Boduch, Janice McLaughlin, Jerome Merservey, Helen Minciotti, Jocelyn Robertson, Julie Goynshor*  
1345 Wiley Road #117, Schaumburg, Illinois 60173  
847.884.9440

For more information, visit nchbaby.org or call 847.618.4YOU (4968).
The Big Day: Parking and directions

Scheduled induction? Scheduled cesarean? Is Mom in early labor and able to walk? Is it between 5 am and 10 pm?

- Drop Mom off at East Entrance Number 4.
- Park in the Visitor Garage (see attached visitor garage map).
- Go to the Information Desk and ask for directions to Labor and Delivery in the Women’s Center.
- The Labor and Delivery Unit is on the 4th Floor of the South Pavilion.

Is Mom in active labor and need assistance to get to Labor and Delivery?
Is it between 10 pm and 5 am?

- Drop Mom off at the Emergency Room entrance.
- Let the valet park your car or park your car in the ER garage (see map).
- Tell the staff in the Emergency Room that you need assistance to Labor and Delivery.
- Next time you come to visit, make sure you park in the visitor garage and enter at East Entrance Number 4.

Picking up Mom and Baby to go home!

- Park your car in the visitor garage.
- Come up and see Mom and Baby and say goodbye to staff.
- Take your belongings to your car.
- Make sure the car seat is in the car.
- Pull your car up to East Entrance Number 4.
- A Mother-Baby staff member will bring Mom and baby to your car.

When can our visitors come?

- An adult of Mom’s choice can stay with her overnight. A pullout bed is provided.
- There are no set visiting hours in Labor and Delivery or the Mother-Baby Unit.
- Visitors must be older than 12—except your own children who are welcome at any age as long as they are healthy.
- Visitors: Please don’t come to the hospital if you don’t feel well.
Where should our visitors park?

Give copies of this page to your friends and family!

- Park in the Visitor Garage.
- Enter at East Entrance Number 4.
- Go to the Information Desk and ask for directions to the Women’s Center.
- The Labor and Delivery Unit is on the 4th floor of the South Pavilion.
- The Mother-Baby Unit is on the 5th floor of the South Pavilion.
## Resources

### NCH Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Connection (Call to find a physician, register for classes, get information)</td>
<td>847.618.4968</td>
</tr>
<tr>
<td>NCH Maternity Services Information</td>
<td>nchbaby.org</td>
</tr>
<tr>
<td>Breastfeeding Support Services / Breast Pump Rentals</td>
<td>847.618.5225</td>
</tr>
<tr>
<td>Health Information Management (Medical Records)</td>
<td>847.618.4950</td>
</tr>
<tr>
<td>Labor &amp; Delivery Unit</td>
<td>847.618.8400</td>
</tr>
<tr>
<td>Mother-Baby Unit</td>
<td>847.618.8500</td>
</tr>
<tr>
<td>Northwest Community Hospital Mental Health Network for Referrals</td>
<td>847.618.4100</td>
</tr>
<tr>
<td>Patient Financial Services</td>
<td>847.618.4542</td>
</tr>
<tr>
<td>Pediatric Emergency Room</td>
<td>847.618.3960</td>
</tr>
<tr>
<td>WINGS at NCH (Domestic Violence Counseling)</td>
<td>847.618.3208</td>
</tr>
<tr>
<td>Renew Through Sharing (Pregnancy and Infant Loss Support)</td>
<td>847.618.8475</td>
</tr>
</tbody>
</table>

### Community Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcoholics Anonymous</td>
<td>800.371.1475</td>
</tr>
<tr>
<td>Al-Anon/Alateen (Help for family and friends of alcoholics)</td>
<td>847.358.0338</td>
</tr>
<tr>
<td>Access at Northwest Community (Sliding fee scale medical clinic)</td>
<td>847.342.1554</td>
</tr>
<tr>
<td>Cook County Clerk’s Office /Birth certificate information</td>
<td>847.818.2850</td>
</tr>
<tr>
<td>Cook County Department of Public Health Rolling Meadows (Immunization clinics, well baby clinics, family planning)</td>
<td>847.818.2860</td>
</tr>
<tr>
<td>T.D.D.</td>
<td>847.818.2023</td>
</tr>
<tr>
<td>Counseling (sliding fee scale)</td>
<td></td>
</tr>
<tr>
<td>Catholic Charities Rolling Meadows</td>
<td>847.870.0560</td>
</tr>
<tr>
<td>P.H.D.—Women’s Counseling Center Palatine</td>
<td>847.359.4919</td>
</tr>
<tr>
<td>Salvation Army Family Services Arlington Heights</td>
<td>847.392.0265</td>
</tr>
<tr>
<td>Dept of Human Services (Medicaid, food stamps, and SSI) Skokie office/Cook County</td>
<td>847.745.3200</td>
</tr>
<tr>
<td>Domestic Violence Services (24-Hour Hotline)</td>
<td>847.221.5680</td>
</tr>
<tr>
<td>WINGS—Women In Need Growing Stronger</td>
<td></td>
</tr>
<tr>
<td>Illinois Poison Center</td>
<td>800.222.1222</td>
</tr>
<tr>
<td>Northwest Action Against Sexual Assault (Northwest CASA) (24-Hour Hotline)</td>
<td>847.228.0990</td>
</tr>
<tr>
<td>Social Security Administration (Social Security number/card information)</td>
<td>800.772.1213</td>
</tr>
<tr>
<td>W.I.C.—Women &amp; Children Supplemental Food Program</td>
<td>800.323.4769</td>
</tr>
</tbody>
</table>

For more information, visit nchbaby.org or call 847.618.4YOU (4968).
### New Parents Group
Mother-Baby Hour *Meets at 1st Presbyterian Church, Arlington Heights* 847.618.4968

### Parenting Classes
- Associates in Human Development Counseling *Rolling Meadows* 847.483.0800
- The Bridge Youth & Family Services *Palatine* 847.776.3730
- Counseling and Diagnostic Center of Woodfield *Schaumburg* 847.884.0210
- House Calls Counseling *(Parent Coaching)* 847.256.2000
- Omni Youth Services Active Parenting *Buffalo Grove* 847.353.1500
- P.H.D. (Society for the Preservation of Human Dignity) *Inverness* 847.359.4919

### Postpartum Depression Help and Counseling
- Postpartum Depression Alliance of IL—PPDIL Helpline 847.205.4455
- Alexian Center for Mental Health 847.952.7460
- Ecker Center 847.695.0484
  ext. 329
- Kenneth Young Center *Elk Grove Village* 847.524.8800
- Northshore University Health System—24 Hour Crisis Hotline 866.364.6667
- P.H.D. Counseling Center *(Society for the Preservation of Human Dignity)* 630.933.1964

### Postpartum Depression Support Group
- From Despair to Hope *(P.H.D.)* 847.359.4919

For more information, visit nchbaby.org or call 847.618.4YOU (4968).