

Pregnancy, prenatal care, and nutrition

Version 3 | Reviewed September 16, 2026

A practical referral guide for advocates serving adults age 18 and older in Cuyahoga County, Ohio. Family and maternity programs are included for adult clients with dependents. Programs with a narrower age range are identified. An out-of-county treatment link is labeled when it matters.

Provider, government, and community webpages were reviewed for service descriptions, contact details, and published intake criteria. No provider was called, and bed availability, funding, and appointment capacity were not confirmed in real time.

Urgent contacts

Immediate danger: 911. Life-threatening emergency. Do not wait for routine intake.

Behavioral health crisis: 988. Call or text 988. FrontLine local crisis line: 216-623-6888.

Homeless shelter intake: 216-674-6700. Coordinated Intake, Monday-Friday, 8 a.m.-6 p.m. Phone only.

After hours: 211. Evenings, weekends, and when the first referral cannot help.

Pregnancy, prenatal care, and nutrition

Cuyahoga County WIC through MetroHealth

Nutrition benefits and breastfeeding support. Published income at or below 185% FPL.

Phone: 216-957-9421

Service

Nutrition benefits, breastfeeding support, and healthcare referrals.

Eligibility

Ohio residents who are pregnant, postpartum, or breastfeeding and meet income and nutritional-risk criteria. Published income standard: at or below 185% of federal poverty guidelines. The clinic assesses qualifying benefits.

Intake

Call 216-957-9421 or use the online signup to locate a county WIC clinic and complete screening.

Confirm before you send someone

For adults, postpartum eligibility generally extends six months if not breastfeeding and up to the infant's first birthday if breastfeeding. Ask what proof of pregnancy, income, and residence to bring.

Sources: <https://www.metrohealth.org/en/community/public-health-programs/nutrition-program-women-infants-children/>

Womankind

Free prenatal care and personal support during pregnancy and beyond.

Phone: 216-662-5700

Service

Free prenatal care, personal support, and social services during pregnancy and beyond.

Eligibility

Pregnant adults seeking the services offered. Confirm the current clinical scope and intake criteria.

Intake

Call 216-662-5700 or use the provider's contact page to arrange care.

Confirm before you send someone

Ask which visits, testing, and supplies are available, how care transfers for delivery, and whether high-risk needs require a specialist referral.

Sources: <https://womankind-cleveland.org/>

MetroHealth Mother and Child Dependency Program

Pregnancy care integrated with addiction-related care. A residential bed is not included automatically.

Phone: 216-778-7800

Service

Integrated pregnancy and addiction-related care, with links to maternal-fetal medicine and recovery support.

Eligibility

Pregnant or postpartum adults with substance use needs. Individualized clinical evaluation determines services.

Intake

Request the Mother and Child Dependency Program through MetroHealth maternal-fetal medicine. General information can route the call at 216-778-7800.

Confirm before you send someone

Ask about medications for opioid use disorder, prenatal follow-up, postpartum care, and housing referral. Do not assume a residential bed is included with clinical enrollment.

Sources: <https://www.metrohealth.org/en/medical-services/obstetrics-gynecology/pregnancy-care/maternal-fetal-medicine/>
<https://www.metrohealth.org/en/newsroom/2025/metroHealth-awarded-funding-to-expand-mother-and-child-dependency-program/>

