



♥ eps mom melainie and baby lainie

YOU CAN **BE** WHAT YOU
DREAM, HOPE, & DESIRE
TO BECOME.

BEGINNING ESSENTIALS
BEGINS WITH YOU.



our mission

Essential Pregnancy Services (EPS) is dedicated to helping expectant women and parenting families make life-affirming choices for themselves and their children through medical services, education, professional counseling, material assistance, and resource information.

about our program

Beginning Essentials (BE) is a program designed to help pregnant and parenting mothers and fathers care for their children until they reach 18 months of age by empowering them with medical services, education, material support, an uplifting community and resource information.

ESSENTIAL PREGNANCY SERVICES WE CAN HELP ♥

website essentialps.org • hotline 402.554.1000

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We are here to provide you support during your pregnancy. All services provided by EPS are free and confidential. If you think you may be pregnant, come visit us at one of our three locations. Appointments are appreciated with availability for walk-ins.

free and
confidential
help now

— call —
402.554.1000

— text —
402.669.5563

always remember, you are...
BRAVER than you think
STRONGER than you seem, and
LOVED more than you know.

our locations

BENSON CENTER

6220 Maple Street, Omaha, NE 68104
phone 402.554.0121 • fax 402.614.3253

BELLEVUE CENTER

908 West Mission Ave, Bellevue, NE 68005
phone 402.933.2988 • fax 402.933.2804

MAPLE VILLAGE CENTER

3029 North 93rd Street, Omaha, NE 68134
phone 402.763.8768 • fax 402.763.9183



BEGINNING ESSENTIALS

a parenting program



eps mom devin and baby iyana ♥

educational opportunities

EPS offers an exciting array of educational opportunities each month like parenting; financial management; prenatal and newborn care; child development; a support group for moms; interactive cooking instruction; personal growth and life skills; childbirth and delivery; breastfeeding; first aid; classes for dads; and more!

Classes vary month to month. For our Hispanic community, Spanish curriculum is available on most Tuesdays and Thursdays. For a current schedule of client educational opportunities, call 402.554.0121 or find us on Facebook: Essential Pregnancy Services.

professional counseling

Sometimes, life throws you more than you can cope with on your own. You are not alone!

EPS offers free and confidential counseling by appointment at our Benson & Bellevue centers to clients experiencing emotional and relationship concerns.



baby boutiques & shopping

EPS has boutiques in two locations - Benson and Bellevue - offering BE parents the opportunity to earn credits to shop for baby and mommy essentials, including: diapers; infant and maternity clothes, infant care products; baby wipes; breastfeeding supplies; baby formula; car seats; high chairs; pack'n'plays; toys; books; and much more.

shopping hours

BENSON

Tuesday 5:00-7:30 p.m.
Wednesday Noon-3:00 p.m.
Thursday 2:00-5:00 p.m.

BELLEVUE

Shop after class or by appointment

resource room

Our resource room offers our Beginning Essentials clients a work space environment to read articles on parenting with optional DVD viewing.

medical services

To learn more about our medical services - pregnancy testing, ultrasounds, STI screening and treatment - call our hotline 402.554.1000, or visit our website for a comprehensive listing of services and hours of operation.

our website
essentialps.org

attend an essential orientation

To schedule your Beginning Essentials orientation, make an appointment while you are visiting one of our centers, or call 402.554.1000.

client feedback



alexandria

"EPS is a wonderful organization. The staff at Benson is so kind and genuine. I absolutely loved the Parenting by Colors class I took there. Truly an amazing resource to have in our community."



masodab

"I call EPS a home, because on my arrival to the states from Africa it was difficult to find a place I could fit in, but EPS gave it to me with much love. EPS has helped me tremendously to prepare for my baby especially by providing me with the education I need as a new mother. They are a life saver!"



bobbie

"The staff goes above and beyond making it a comfortable, helpful, supportive, and welcoming environment for their clients. I'm so thankful for each and every person at EPS who has helped me prepare for the arrival of my baby, I don't know where I would be without them."



brittany

"I cannot say enough good things about EPS! Every single staff member is kind, caring, and compassionate to all. They have helped me mentally and financially."

Find more reviews on our client Facebook page:
[ESSENTIAL PREGNANCY SERVICES](#)