

A lot's gonna
change



You've got this!

with a free personal nurse



What is Healthy Family Partnership?

Healthy Family Partnership is a free resource for pregnant women. When you enroll, we'll connect you to a nurse who will give the support, advice and information you need to have a healthy pregnancy, a healthy baby and be a **great Mom!**



How much does it cost?

Healthy Family Partnership is **FREE!**

Be sure to ask about o

Your nurse will:

- ◆ Prepare you for baby's birth with information on labor, delivery and what to expect.
- ◆ Share things that make you feel more confident as a mom like feeding options, sleep tips, child development milestones and parenting ideas.
- ◆ Connect you to things in the community like healthcare, childcare, job training...and a network of moms just like you!
- ◆ Help you to discover your dreams for the future and set goals to reach them.
- ◆ Best of all...your nurse will listen to *your* needs, answer all your questions and support you in your role as a **great Mom!**

Who can enroll?

Any woman who:

- ◆ Is pregnant or has recently given birth
- ◆ Meets modest income guidelines
- ◆ Lives in Wyoming or Sullivan County Pennsylvania

Can my baby's Dad be involved, too?

That's up to you! Fathers, family members and even friends can be involved if you choose. They can learn how to best support you but as Mom, **you are the main focus!**



Let's get started! It's easy!
TEXT or call (570)665-2019

our free CAR SEAT Program!

**BETTER WORLDS
START WITH
GREAT
MOTHERS.**

AND GREAT MOTHERS START WITH US

Healthy  Family
Partnership

**TEXT or call Today!
570-665-2019**

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**Nurse-Family
Partnership**

Helping First-Time Parents Succeed®