# Connect families+community

Pregnant women and families with young children often find it difficult to locate support that meets their needs. Connect provides a **one-stop entry point** for services such as education and support for childbirth, newborn care, parenting skills, child development, food and nutrition, mental health, and financial self-sufficiency.

## SERVICES

#### **Prenatal**

- Pregnancy Education and Support
- Childbirth Education
- Stress Management Education

#### Newborn

- Newborn Care Instruction
- Breastfeeding Education and Support
- Nutritional Education
- Car Seat Safety
- Infant Safety
- Home Visiting Programs
- Child Development
  Education and Support

### **Parenting**

- Parenting Education and Support
- Counseling Services
- Help to Quit Smoking
- Family Planning Education
- Other Community Resources

Visit

