

Are you pregnant, parenting, or planning a family?

Healthy Families is here to help!

Allow us to provide information and support you and your family might need.

Our services include:

- Health insurance assistance
- Finding a doctor
- SNAP & WIC registration
- Prenatal care
- Breastfeeding support
- Family planning
- Parenting classes
- Childbirth education
- Depression screenings



Locations

Onondaga County Health Department

421 Montgomery Street
Syracuse, NY 13202

Catholic Charities of Onondaga County

1654 West Onondaga Street
Syracuse, NY 13204

Syracuse Community Connections

401 South Avenue
Syracuse, NY 13204



Syracuse Healthy Start

Our goal is to help moms have healthy babies and help families give their babies a healthy start!



ongovhealth
Onondaga County Health Department

Healthy Families Division

ongov.net/health · facebook.com/ongovhealth

 **Catholic Charities**
of Onondaga County

 **Syracuse Community Connections**
Syracuse Model Neighborhood Facility, Inc.

FREE to families residing in zip codes:
13202, 13203, 13204, 13205, 13206, 13207,
13208, 13210 and 13224

Community Health Workers/Nurses

Healthy Start Community Health Workers and Nurses provide a FREE home visiting program to support pregnant women and families with children under 18 months.

What we do:

- Support families by providing health check-ups, screenings, referrals, parenting advice, and guidance with navigating other programs and services in their community.
- Monitor progress on children's developmental milestones.
- Help parents provide safe and supportive environments for their children

Reasons to have a home visitor:

- Moms and babies are healthier and safer
- Children and families have better connections to resources
- Children are better prepared for preschool



Fatherhood Program

The Healthy Start Fatherhood Program works to strengthen the fatherhood/male involvement efforts through enhanced outreach, recruitment, engagement, and activities.



What we do:

- Parenting support
- Peer support
- Health awareness
- Community events/outings
- Case management

Reason to join our Fatherhood Program:

- Increase involvement of fathers/partners in their children's lives
- Provide responsible parenting education programs
- Coordinate efforts with job improvement opportunities, job readiness initiatives and job placement assistance

Doula Services

Doula: A person who provides emotional and physical support to you before, during, and after your pregnancy.

What we do:

- Doulas will meet with you before, during, and after your delivery.
- Doulas will help you write a birthing plan for your labor and delivery.
- Doulas will provide support to the mom and her family.

Reasons to have a doula:

- Lower C-section rate
- Shorter labor
- Reduced need for pain medication
- Increased baby movement during labor & delivery
- Lower rate of being induced into labor

