### 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

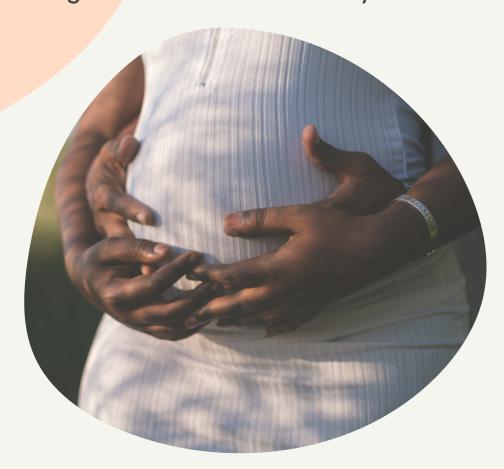






# Syracuse Healthy Start

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





**Healthy Families** 

ongov.net/health · facebook.com/ongovhealth

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 checkups, 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

