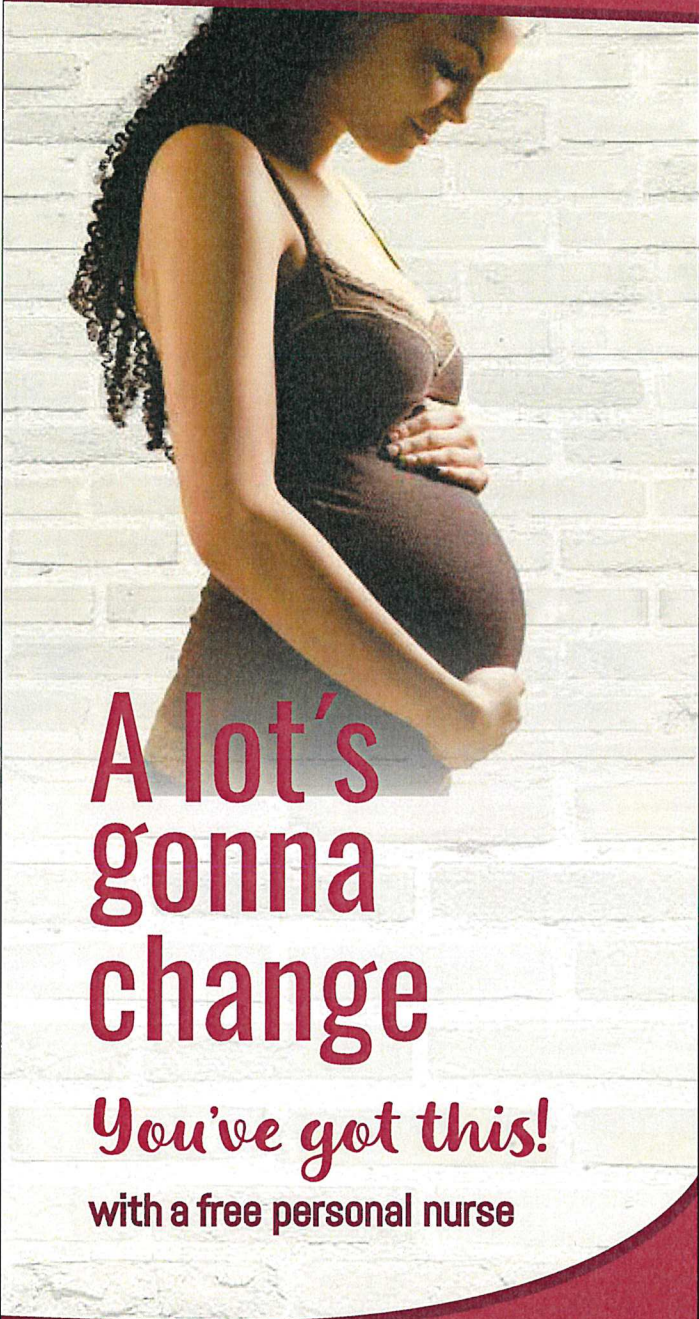


Pregnant with your first baby?



A lot's  
gonna  
change

*You've got this!*

with a free personal nurse

 Nurse-Family  
Partnership  
Helping First-Time Parents Succeed



### *What is Nurse-Family Partnership?*

**Nurse-Family Partnership** is **free** for women who are pregnant with their first baby. When you enroll you will be connected to a registered nurse who will provide 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?*

**Nurse-Family Partnership** is **free** to eligible women.



### *Your nurse will support you to:*

- Have a healthy pregnancy and a healthy baby.
- Become the best mom you can be.
- Learn and practice things that make you more confident as a mom, like breastfeeding, nutrition, child development, safe-sleep techniques and much more.
- Get referrals for healthcare, childcare, job training and other support services available in your community.
- Continue your education, develop job skills or follow your dreams for the future.

### *Who can enroll in Nurse-Family Partnership?*

Any woman who:

- Is pregnant with her first child
- Is pregnant 28 weeks or less
- Meets income requirements
- Lives in an area where Nurse-Family Partnership is available

### *Can my baby's father participate?*

The father, family members and friends are welcome to participate in the program, but as the mom, **you are the main focus!**





**Contact us**

to learn more and get connected  
with your free personal nurse.

**707-590-3142**

**[NurseFamilyPartnership.org](http://NurseFamilyPartnership.org)**