

## Questions?

- I think I'm pregnant, what's next?
- How do I get health insurance?
- I can't afford food, where can I get help?
- Would I like to become pregnant in the next year?
- How can I prevent a pregnancy?
- How do I maintain a healthy lifestyle?
- Where can I find a dentist?
- Where can I get parenting support?

*We have the answers!*

Healthy Women,  
Healthy Babies,  
Healthy Birth Outcomes



The Neighborhood Center, Inc.  
Community Health Worker Services  
624 Elizabeth Street  
Utica, NY 13501

Call your **Community Health Worker!**

**Oneida County**  
315-801-5012  
315-801-5014

**Herkimer County**  
315-801-5011

[www.facebook.com/mvpngbaby](http://www.facebook.com/mvpngbaby)



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Division of Family Health

## Community Health Worker Services



Be the  
Healthiest You...

Free & Confidential  
Support

## Who are we?

Community Health Worker Services is an outreach and home visiting program serving Oneida and Herkimer Counties.

Community Health Workers help women of childbearing age on improving their health, as well as the health of their family.

We can work with women before having a baby, during a pregnancy, after a pregnancy, or between pregnancies.

CHWs educate, refer to services, and follow-up to support health and wellness so you can be the healthiest YOU.

*What can we help you with?*



*We can help you with...*

- ◆ Obtaining Health Insurance
- ◆ Finding a Doctor / Dentist
- ◆ Reproductive Health
- ◆ Family Planning
- ◆ Nutrition / Food Resources
- ◆ Counseling Services
- ◆ Connections to Programs and Services

- ◆ Prenatal Planning
- ◆ Breastfeeding Support
- ◆ Safe Sleep Education
- ◆ Dental Health Education
- ◆ Quitting Smoking
- ◆ Parenting Support Services
- ◆ Postpartum Support

*And much more!*

## Did you know...

putting your baby on their back to sleep is an easy way to reduce the risk of SIDS?

a healthy lifestyle is a good start for a future pregnancy?

breastfeeding your baby has benefits for you and your baby?

it is recommended to wait at least 18 months between pregnancies?

taking 400 mcg of folic acid daily can help protect your body from heart disease and some kinds of cancer?