

Expecting or a New Mom?

This is what we can do

Help You With...

- Family Planning
- Nutrition
- Quitting Smoking
- Dental Health Education
- Food Stamps/SNAP

Help You With...

- Health Insurance
- Finding a Doctor/ Dentist
- Immunizations
- Counseling
- Breastfeeding

Help You With...

- Parenting Support
- Safe Sleep Education
- Prenatal Planning
- Postpartum Support
- Mom and Baby Safety



And much more!

Call your

Community Health Worker

to schedule your visit today!

(315) 801-5011 (*Herkimer County*)

(315) 801-5014 (*Oneida County*)

