

GIVE YOUR GROWING FAMILY A HEALTHY START



We can support your family with many services to help you thrive!

- Access to prenatal care and education
- Breastfeeding and parenting groups
- Doulas for birth and postpartum support
- Fatherhood support and workshops
- Help locating community resources
- Support during pregnancy and parenting

**149-18 Jamaica Ave, 2nd Floor
Jamaica, NY 11435**

**718-704-5078
healthystart@healthsolutions.org**

Healthy Start is a HRSA funded collaboration between: Public Health Solutions, Community Healthcare Network, Jamaica Hospital, and Rising Ground, with the goal of reducing racial and ethnic disparities and improving perinatal health.

BRINDELE UN COMIENZO SANO A SU FAMILIA CON HEALTHY START



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**¡Podemos apoyar a su familia con
servicios para ayudarle a prosperar!**

- Acceso a la atención médica prenatal
- Grupos de lactancia materna y paternidad
- Doulas para apoyo en el parto y el posparto
- Apoyo y talleres educativos para los padres
- Ayuda para localizar recursos comunitarios
- Apoyo individual durante el embarazo y posparto

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