



Get resources  
for a healthy  
pregnancy!

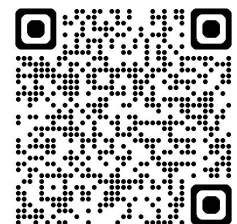
## Healthy Moms. Healthy Babies.

Pregnant? You deserve to be healthy—for you and your child!  
Get the support you need for a healthy pregnancy. Our  
Maternal Child Outreach Team can help with:

- Free or low-cost health insurance.
- Food (WIC, SNAP-Ed).
- Doctor appointments.
- Breastfeeding support.
- Resources to quit smoking.
- Childbirth education and parenting classes.
- Referral to a nutritionist.
- Depression/anxiety resources.



Scan code to sign up online:



### Contact the Maternal Child Outreach Team

Sign up online: [www.tpchd.org/phnreferral](http://www.tpchd.org/phnreferral)  
Or call 253-649-1404