

Community Resources for Mom & Baby

Childbirth & Parenting Classes

Florida Health Collier County

(Free) Spanish Childbirth Classes
(239) 252-6068
(Free) Creole Parenting Classes
(239) 252-8217

Lee Memorial Health System

(Free) Parenting Classes
Lee & Hendry (239) 989-7332

Verity Pregnancy Resource Center

(Free) Childbirth & Parenting Classes
Fort Myers (239) 433-1929

Community Pregnancy Clinics

(Free) Childbirth & Parenting Classes
Naples (239) 262-6381
Fort Myers (239) 689-1543

Children's Advocacy Center

(Free) Parenting Classes
Lee, Hendry & Glades (239) 939-2808
Collier (239) 263-8383 ext. 235

Pregnancy Resource Center

(Free) Childbirth & Parenting Classes
Naples (239) 280-5523

Child Passenger Safety Seats

Collier (239) 565-8371
Glades, Hendry & Lee
(239) 343-5803



For help to reduce or stop smoking call the Florida Quitline: 800-784-8669 or contact your local Department of Health.



A nutrition program for Women, Infants and Children at no

Lee County	(239) 344-2000
Collier County	(239) 252-8208
Immokalee	(239) 252-7310
Clewiston	(863) 983-1494
LaBelle	(863) 674-4078
Moore Haven	(863) 946-0707



Parents: Do you have questions about your child's development, behavior or learning?

Help Me Grow can help answer your questions and connect you to the community resources you need to help your child develop. Help Me Grow services are provided for children from birth to age eight, at no cost to you.

It's your call!
Dial 211 or
(239) 433-3900 Lee
(800) 887-9234 Hendry & Glades



Sponsored by the Florida Developmental Disabilities Council, Inc. and the Florida Department of Education, Office of Early Learning. Florida is an affiliate of the Help Me Grow National Network.



Get Answers for Mom & Baby



Test your baby IQ @

www.HealthyStartBaby.org



Every Baby Deserves a Healthy Start



Customer Service: (800) 883-1959



Healthy Start Program

Teen Focus

Healthy Start of Southwest Florida is a not-for-profit 501(c)(3) organization, serving Collier, Glades, Hendry and Lee Counties since 1992

Our mission is to reduce infant deaths and increase healthy births. Last year, services were provided to approximately 14,000 pregnant women and infants here in Southwest Florida.

Healthy Start Coalition of Southwest FL

1921 Jefferson Avenue
Fort Myers, FL 33901
Main: (239) 425-6920

In Partnership:



Providing education and support for pregnant women, babies, and their families.

Services may include:

- ⊗ Parenting support
- ⊗ Breastfeeding support
- ⊗ Child growth and development
- ⊗ Stress reduction
- ⊗ Help to quit smoking
- ⊗ Healthy eating & exercise tips
- ⊗ Infant & child safety
- ⊗ Help in accessing community

A special program for **teen mothers & fathers** that prevents repeat teen pregnancies & helps young parents with the tough challenges of raising a child.



Nurse - Family Partnership helps **first-time moms**, with intensive nurse home visiting services that will help you, your baby & family be healthy & successful. Serving Golden Gate, Lehigh Acres & Hendry County.

"This program is supported by the Florida Maternal, Infant and Early Childhood Home Visiting Initiative"

To add your newborn to Medicaid, log on to view your Access Account and go to: **REPORT CHANGE** for your **HOUSEHOLD**



Once you are approved for pregnancy Medicaid, a Maternity Care Advisor with MomCare will be assigned to help answer your questions. They will also:

- ⊗ Explain your pregnancy Medicaid options
- ⊗ Help you find a doctor or midwife for prenatal care
- ⊗ Provide WIC nutrition program information and referral
- ⊗ Refer you to Healthy Start services such as childbirth education, parenting, and breastfeeding education and support
- ⊗ Connect you with other community resources that may be helpful