

**Healthy Family. Healthy Child.
Healthy Start.**

We can help if you are:

- **African American or Hispanic**
- **Currently pregnant or postpartum**
- **A mom or dad parenting a child younger than 18 months**

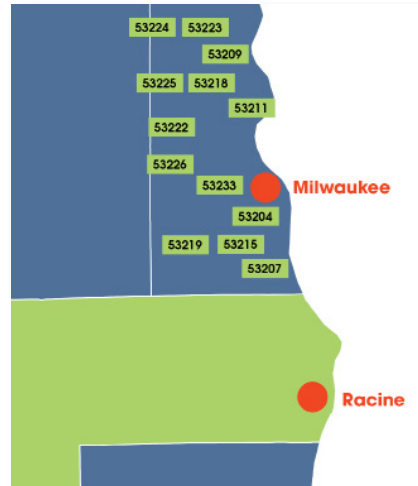
Family Health Navigators work with moms and dads to support them in having a healthy birth experience and healthy child. Navigators partner with families to create individualized goal plans, connect them to resources and help them achieve their goals. **All services are free.**

Sign up today at

 **healthystartgf.org.**



We serve families in the Milwaukee zip codes noted below and all of Racine County.



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The Healthy Start for Growing Families Program is a partnership of:



-  healthystartgf.org
-  healthystart@childrenswi.org
-  (414) 292-4243
-  [healthystartforgrowingfamilies](https://www.facebook.com/healthystartforgrowingfamilies)

Healthy Start for Growing Families Program
620 S. 76th Street, Suite 120
Milwaukee, WI 53214

**Every child deserves
a healthy start.**





We help families access basic needs in the areas of:

- Housing and transportation
- Food
- Financial support
- Medical care
- Education support
- Social connections

Mental and behavioral health and well-being
Family Health Navigators can connect you to resources for mental and behavioral health and treatment for alcohol and other drug use.

If you are pregnant, we can help you with:

- Prenatal care and education
- Childbirth education
- Breastfeeding support
- Doula care
- We also support and enroll dads with their pregnant partners.



If you are postpartum or a mom or dad parenting a child between the ages of 6 and 18 months, we can help you with:

- Postpartum education and support
- Breastfeeding support
- Safe sleep for baby
- Infant crying
- Parenting support
- Childhood development
- Family budgeting
- Education support

If you are interested in group education and support, we offer the following classes and support groups:

- | | |
|-----------------------|-----------------------|
| The Basics | Mindful Mamas |
| Childbirth Education | Arts & Crafts |
| Breastfeeding Support | Me-time Mondays |
| ROSE Postpartum | Parent Support Groups |
| Support | |

