This is an important time for you and your baby, and taking care of your emotional well-being will have positive and long-term effects on both you and your family!

"The information in each [Mothers and Babies] session was vital for my mental and overall health...even my kids noticed a difference!" - Participant

Please contact us to get connected with a provider or to ask questions about participating!

For more information about Mothers & Babies including testimonials from women who have received Mothers & Babies please visit: www.mothersandbabiesprogram.org

December 2018

Helping pregnant women improve their emotional well-being
MOTHERS AND BABIES CONTENT INCLUDES:

- Support for healthy communication, stress management, and healthy bonding with your baby.
- Helpful information about your pregnancy and your baby's development.
- Strategies for paying attention to your mood.

THE MOTHERS & BABIES PROGRAM

Mothers & Babies is an interactive program that shares useful tools and skills to help pregnant women manage stress and/or reduce symptoms of depression. Once learned, moms always have these skills and can use them in many aspects of their lives.

Each session integrates MB's valuable stress management tools into your home visiting experience.

In a recent study about pregnant women in Florida, 84% of participants that received the Program reported being "Very" satisfied with Mothers and Babies.

"I found ways to overcome stress." - Healthy Start Participant

There is NO COST to participate.