

# Prenatal Outreach Services

Free parenting and health education for expectant parents

If you are having a baby, you probably have a lot of questions or concerns. You may be eligible to receive prenatal support services from a home visitor to help you have a healthy pregnancy and baby.

Help Me Grow | 216.698.7500

MomsFirst | 216.664.4194 (Serving the City of Cleveland only)

It makes a **big** difference.



*"MomsFirst focused on my concerns during and after my pregnancy, helped relieve some of the stress I was feeling, and best of all taught me to be a good mother."*



Help Me Grow

216.698.7500

[www.helpmegrow.org](http://www.helpmegrow.org)



MomsFirst

216.664.4194

[www.clevelandhealth.org](http://www.clevelandhealth.org)

Serving the City of Cleveland



Invest in Children  
Cuyahoga County

Their success. Our future.

To learn more about the programs and services supported by Invest in Children, please call **216.771.1212** or visit our website

[www.investinchildren.us](http://www.investinchildren.us)

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