



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.



### Contact the Maternal Child Outreach Team

**Call or text:** Robyn—(253) 405-7739 or Sharon—(253) 722-7418.

**Email:** [mchservices@tpchd.org](mailto:mchservices@tpchd.org)

**Online:** [www.tpchd.org/phnreferral](http://www.tpchd.org/phnreferral)



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