



# We are here for you

*Virtual programs that help keep you connected*

For pregnant women & new parents



## Monthly Telephone Visits



### During Pregnancy

Now, more than ever during the current COVID-19 crisis, our program can keep you connected to others and give you emotional support, education and resource referrals.

Currently provided via telephone by home visitors under nurse supervision, this program is especially valuable for mothers and families feeling isolated. A MOMS home visitor is a caring friend supporting you with knowledge about your pregnancy, healthcare, childbirth & breastfeeding. You will learn:

- How to identify signs and symptoms of preterm labor.
- The risks of diabetes during pregnancy.
- The benefits of breastfeeding.
- How to identify the signs and symptoms of depression during pregnancy and postpartum.



### After Delivery

Once your baby is born, your home visitor will help you encourage your baby's health and development and provide information and resources.

**Offered in English, Spanish and Vietnamese**



## Virtual Group Classes

While you are pregnant, get prepared by joining classes in childbirth, prenatal health, breastfeeding, and a workshop for new dads. Mommy & Me and My Parents & Me classes teach fun and meaningful activities that stimulate your baby's mental and physical growth while providing peer support. During the current COVID-19 crisis, we are offering these programs virtually through teleconferencing. You can still enjoy all the benefits of these groups keeping you connected, informed and healthy.

### Spanish Classes include:

- New Dads Workshop
- Breastfeeding Support Group
- Childbirth Preparation Class
- Prenatal Education Class

### English and Spanish:

- Mommy & Me Groups for babies 3-5 months, 6-11 months and 12-17 months
- My Parents & Me Groups for babies 3-5 months, 6-11 months

**Gain support. Stay healthy and strong for yourself and your family.**

*Home visitation program and classes are offered free to residents of Orange County.*

**For more information and to register, please call Karina at 714.914.9986 or visit [momsorangecounty.org/programs](https://momsorangecounty.org/programs)**