

Community Resources



Mommy & Me Staff keeps an up-to-date list of other resources that can help you get maternity clothes, formula, food, baby equipment and items, linens, and help with rent and/or utilities. Please give us a call at 1-877-903-0082, press 0, then press 77908 for more information.

Local Health Department

Offers maternal and child health services including WIC, HANDS, health screenings, nutrition counseling, environmental health inspection services, primary health care, health education and infant/toddler safety. Some sites offer car safety classes. A car seat is available for a small fee at the end of the class.

WIC (Women, Infants & Children)

Offers food vouchers for whole milk, eggs, juice, cereal, beans and peanut butter. WIC also provides nutrition education and counseling, breastfeeding support and referrals for health care. Breastfeeding women may receive extra food sources. **As an expectant mom you are eligible to apply for WIC benefits.** If interested, please contact your local WIC office. See listings on next page.

HANDS

First time moms and/or dads only. This is a service for families who are pregnant for the first time or who will be parents for the first time. Trained visitors will give you information to help you provide the best for your new baby. If interested, please contact your local health department.

Legal Aid Society 1-800-292-1862

Offers a wide range of legal services for individuals and non-profit community-based organizations. Offers legal representation in civil cases for individuals and groups who meet poverty guidelines.

Consoling Parents 1-800-221-0446

Support group services for parents who have experienced miscarriage, still birth or early infant death.

Section 8/ Housing Authorities 1-877-552-7368

Offers low-rent housing.

Domestic Violence 1-877-803-7577

Helps women and children suffering from physical, sexual, mental and/or emotional abuse.

Block Vision 1-800-428-8789

Passport Health Plan covers one vision exam each year. We recommend that you schedule a vision exam after having your baby. If you need help finding a vision provider please call Member Services at 1-800-578-0603.

Dental Services 1-800-578-0603

Passport Health Plan covers one dental exam each year. We recommend that you have a dental exam during your pregnancy. **Periodontal (gum) disease can cause premature labor!** If you need help finding a dentist, please call Member Services at 1-800-578-0603, and press 2.

Smoking Cessation 1-800-QUITNOW (784-8669)

Program helps Kentucky residents stop smoking, and they have counselors specially trained to help pregnant women. FREE Booklet and Video available.

Project Link/Seven Counties (502) 583-3951

Provides mental health, alcohol and drug dependency assistance for people who live in Jefferson, Bullitt, Henry, Oldham, Shelby, Spencer and Trimble Counties. **To get priority treatment tell them you are pregnant.**

Communicare (270) 765-2605

Provides mental health, developmental disabilities, and drug and alcohol dependency services for people who live in Breckenridge, Grayson, Hardin, LaRue, Marion, Meade, Nelson and Washington Counties. **To get priority treatment tell them you are pregnant.**