



HEALTH EDUCATION CLASSES

Classes and support groups for pregnant women, new parents and families from pregnancy through early childhood.



During Pregnancy

Our goal during pregnancy is to support families to deliver healthy babies. We provide a robust offering of courses for parents.

- Childbirth Preparation, Waiting with Love
- Preparing for Motherhood
- Lactation Education

Post Pregnancy

Following the birth of the baby, our goal is to continue supporting parents while also developing a healthy baby and strong family relationship.

- Postpartum Support Group
- Lactation Support Group
- Healthy Woman, Mind & Soul

For Fathers and Father Figures

Classes for fathers and father figures are tailored to provide guidance and tools, supporting them at the start of their fatherhood journey.

- Strong Fathers, Strong Families Program

Early Childhood

We support the development of the child and family with classes for all to grow together.

- Mommy and Me Classes
- My Family and Me Classes
- My Grandparents and Me Classes
- Opening Doors / Abriendo Puertas

Our classes and support groups are available in both English and Spanish.

For the latest dates, language options and times, visit our website or scan the QR code. Reserve your spot today!

FOR MORE INFORMATION AND TO REGISTER

please call **714-972-2610** or visit momsorangecounty.org

1128 W. Santa Ana Blvd. | Santa Ana, CA 92703





HEALTHY BEGINNINGS

Maternal Child Home Visitation

Your village of support during and following pregnancy.

Our program pairs you with a highly trained Maternal Child Health Worker who provides monthly home visits during pregnancy and through your baby's first year.

During Pregnancy



Prenatal Education & Support

Prenatal support focuses on your physical and mental health, connecting you to community resources, and preparing for birth and postpartum. We help you develop lifelong skills including self-advocacy, coping with stress, and how to build a support system.

RN Case Management: personalized care plans to support the family's goals and complement a provider's prenatal care

Health Access and Navigation: assess needs and provide resources and referrals to our extensive network of community partners

Mental Health Support: screenings and education on signs and symptoms of perinatal mood and anxiety disorders, regular check-ins, and onsite therapy services in English or Spanish

Baby and Maternity Items: access to gently used baby items, new diapers and car seats for program participants

After Delivery



Postpartum Education & Support

Once baby is born, MOMS is here to ensure you are equipped with resources to support postpartum recovery, baby's health development, and your parenting journey. This includes a comprehensive postpartum assessment, education on home safety and injury prevention, mental health screenings, finding a pediatrician, oral health education and more.

Infant Development Resources: child development assessments and classes to support infant health and development

Lactation Support: one-on-one consultations with our Certified Lactation Counselor and monthly support groups to talk with other moms

Mental Health Support: in-person or virtual visits with our licensed bilingual therapist, and postpartum support groups

Postpartum Support Visits: an extended visit in your home to address any mental health, breastfeeding or other concerns

Home visitation services are offered in English, Spanish and Vietnamese

FOR MORE INFORMATION and CLASS REGISTRATION

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**PROVIDERS &
ECM REFERRALS**

