



# Give your baby a **HEALTHY START**

Many things contribute to a healthy and safe pregnancy. If you are pregnant or planning a family, **Family Road Healthy Start** can help you get the information and services you need to have a healthy you, a healthy baby, and a healthy family.



Services Before Pregnancy: Family Planning, Nutritional Education, Goal Setting, Well-Women Care and Healthcare Enrollment



Services During Pregnancy: Prenatal Care, Childbirth Education, Breastfeeding Support, Nutritional Education, Fatherhood/Male Involvement, 24/7 Dad Curriculum, Healthy Relationship Support and Baby and Me Tobacco Free program



Services After Pregnancy: Parenting and Child Development Education, Well-Baby Care, Immunizations, Parenting Support, Family Planning, Depression Screening, Co-parenting Education, Personal Development and Support Groups



Additional Support Services offered: HISET (formally GED), Job training resources, Counseling, Car seat safety education and installation

Family Road Healthy Start provides case management, health education, community outreach and resource referral services for women of reproductive age (11-45), pregnant women, the father/partner and their families that live in East Baton Rouge Parish.

**For more information about the Healthy Start Program  
or to complete a referral, contact:**

## **Family Road Healthy Start**

323 East Airport Avenue, Baton Rouge, LA 70806

Phone: 225.201.8888, Fax: 225.927.1010

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

