## FLORIDA KEYS HEALTHY START COALITION

## **Healthy Start**

The Healthy Start program is a non-income based program offered in partnership with the Florida Department of Health in Monroe County. This program provides resources, support, and assistance needed to have a healthy pregnancy, birth, and baby. It is available to all pregnant women and families with babies under 3 years of age.



As soon as you become pregnant, schedule a visit with your health care provider and ask for a Healthy Start screen. During this visit you will complete a confidential one page questionnaire with your medical provider. These answers will ensure you and your baby are provided with the best care possible. If you don't have a health care provider, or think you would benefit from services, please call us and we will help you enroll.







## **Services Offered**

- Care coordination
- Childbirth education
- Parenting education and support
- Smoking cessation
- Breastfeeding support and education
- Nutritional guidance
- And much more

For more information about our Healthy Start program, please contact the Program Director at 305-676-3841 or the Coalition:

305-293-8424





FKHSC prohibits discrimination on the basis of disability for all services, programs, and activities provided to the public pursuant to the American with Disabilities Act. For reasonable accommodations, please give us a call at 305-293-8424.