

The Foundation for Delaware County's Healthy Start program is a **FREE** resource and service for pregnant women, expectant families and parents of children under 2 who live in **Chester, Eddystone, Woodlyn, Parkside, Upland, Chester Township, Trainer, Marcus Hook, and Linwood.**



### Comments from our participants:

#### *Healthy Start Staff can:*

- Help you get early and regular prenatal services.
- Assist you in keeping track of all your doctor's appointments.
- Share information and tools with you about breastfeeding, birth control choices, your baby's shots, safe sleep and other important health topics for moms, dads & babies.
- Help you fill out applications and forms for other programs.
- Work with other agencies to help you get the services you need for you and your family.
- Connect you to many valuable resources in the community.

- ◆ "My case manager helped me find a daycare for my baby and I was able to go back to work."
- ◆ "I almost dropped out of school when I became pregnant but my Healthy Start case manager helped me sign up for home school. I now have my high school diploma."
- ◆ "My first language is Spanish, so I don't write or read in English. My bilingual case manager was able to interpret and translate for me regarding health and social services."

### Why sign up for Healthy Start?

- ♥ Your Healthy Start case manager will help you with your problems and concerns.
- ♥ Your Healthy Start case manager will provide education and connect you to workshops and resources for your entire family.
- ♥ Your Healthy Start case manager will refer you to Healthy Start's Medical-Legal Partnership if you need legal assistance.
- ♥ During pregnancy and after your baby is born, your Healthy Start Case Manager can help you sign up for benefits, insurance and other types of assistance.



**Babies need moms & dads to grow up healthy and happy!**

Healthy Start is a free and voluntary program to help you

access the resources you and your baby need.



We are located in  
*the Medical Office Building next to  
Community Hospital*  
2602 W. 9th Street, Suite 200  
(Second Floor)  
Chester, PA 19013  
Phone: (610) 497-7460  
Fax: (610) 497-7472

Office Hours:  
Monday - Friday, 9am - 5pm

*Pregnancy to age 2?  
We're here for you...*



Visit or call us today to sign up for  
Healthy Start, a program of  
The Foundation for Delaware County!



610-497-7460

Services available in English and Spanish  
Servicios disponible en Inglés y en Español  
[info@delcofoundation.org](mailto:info@delcofoundation.org)  
[www.delcofoundation.org](http://www.delcofoundation.org)

Find us on:



A  
**Healthy**

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*For Families!*



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