


## Pregnant? .... Stressed?

- Over the past few weeks has worry, anxiety, depression, or sadness made it hard for you to do your daily activities, or get along with others?
- Are you, your family, or friends worried about you?
- Are you feeling at all unsafe in your current relationship or in a past relationship?
- Do you find it hard to stop drinking alcohol or using drugs?

**If you answered "Yes" to any of these questions, KY Moms can help!**

From the Moment  
they placed you  
in my arms  
You snuggled right  
into  
my Heart 

## What is KY Moms?

**KY Moms** improves birth outcomes by engaging pregnant women in prevention education, intensive case management, substance use treatment, and other needed services.

**KY Moms** offers services to help moms provide their babies with a healthier, safer start in life.

**All KY Moms services are FREE!!!**



**Such a Big miracle**  
in such a little baby

**Throughout your pregnancy you will receive special gifts for you and your baby!**

## KY Moms Services

**KY Moms** services available during pregnancy and up to twelve months after delivery:

### **KY Moms Prevention**

- Provides educational classes on how to have a healthier pregnancy and baby
- Provides special gifts to expectant and new moms who attend classes
- Refers to pregnancy related services
- Provides information on community resources

### **KY Moms Case Management**

- Offers support and encouragement
- Provides referrals to prenatal and well baby care
- Provides referrals to educational classes offered by prevention coordinator
- Promotes positive lifestyle changes to help mom and baby
- Provides information on community resources

Serving Bell, Clay, Harlan, Jackson Knox, Laurel, Rockcastle & Whitley

**"A mother must always think twice-Once for herself and once for her child."**

-Sofia Loren