

*“Believe in yourself.  
You are braver than  
you think, more  
talented than you  
know, and capable of  
more than you  
imagine”*

*–Roy T. Bennett*

## Contact Us

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## KY Moms MATR

HELPING MOMS HAVE  
HEALTHY BABIES



KY-Moms MATR



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## About Us

The KY-Moms MATR Program is targeted towards pregnant and postpartum moms. Any mom who is pregnant or up to a year postpartum can participate in this program. We offer resources, education, and hope to the moms we serve.



*KY-Moms MATR is a statewide program. Not in the Lifeskills region? Scan below to explore other areas that are served:*



Counties Served through Lifeskills KY Moms MATR Program:  
Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren

## Services

### *Prevention Education*

KY-Moms MATR Prevention Education is accessible for any pregnant/up to a year postpartum mom. Prevention Education offers a monthly Healthy Baby Workshop for moms to attend and learn more about their pregnancy and specific topics related to pregnancy such as substance use. Moms who attend receive an incentive for participating in the program. KY-Moms also offers selective and indicated classes for moms who are seeking more education in various mental health areas.

### *Case Management*

KY-Moms case management is for moms who are currently experiencing or have a history with substance use. The program is tailored specifically for pregnant/postpartum moms to assist in connecting them with resources and assistance throughout the community. KY-Moms Case Managers assist moms in understanding their immediate needs and developing a plan to reach the services needed.

