

## Nurse-Family Partnership

Columbia County Nurse-Family Partnership is FREE to all eligible women!

Becoming a mom for the first time can be a bit overwhelming. No joke – there’s a lot to learn. So imagine having your own personal nurse.

Nurse-Family Partnership can make that happen. First-time moms who are 28 weeks or less pregnant, meet income requirements, and live in Columbia County are eligible for free help from a personal nurse who will meet with you to offer advice, support and a good laugh when you need it most through your pregnancy and until your baby is 2 years old.

More than 250,000 first-time moms around the world have participated in the program. It’s entirely voluntary and geared just for you. We’d love to answer your questions and help you enroll.

Call or text Heather at 608-697-0625 to learn more!



Columbia County nurses Heather Stenberg and Ali Hensel are currently enrolling pregnant women in Nurse-Family Partnership

## Wondering what NFP nurses do?

Your nurse focuses on your interests and will work with you to:

- Have a healthy pregnancy and a healthy baby
- Become a great parent
- Build a strong network of support for you and your family
- Make your home a safe place for your baby to live and play
- Organize resources for healthcare, childcare, job training and other community support
- Find ways to continue your education and develop job skills
- Set goals for your family's future and find ways to help you reach them

If you are a provider interested in referring a pregnant woman to Nurse-Family Partnership, fax this [form](#) to 608-742-9700.