



**Are you pregnant, parenting a young child, or
a new dad living in Alameda County?**

Starting Out Strong

offers FREE and voluntary services for new and expectant parents.

**We will listen and support you
during pregnancy, postpartum, and parenthood.**

Alameda County Starting Out Strong matches new and expectant parents with trained and caring professionals including nurses, social workers, or family support providers. They will meet with you one-on-one or in group settings.



**Public Health
Department**
Alameda County Health

Starting Out Strong

Partnering with families for healthy babies and communities

STARTING OUT STRONG PROGRAMS INCLUDE:

**Black Infant Health - DREAMS - EmbraceHer
Fatherhood Initiative - Special Start
Healthy Families Alameda County - Building Bridges
Nurse Family Partnership - Blue Skies Mental Health**

FOR MORE INFORMATION, CONTACT US AT:



510-667-4333



homevisiting@acgov.org



www.StartingOutStrong.info





¿Está embarazada, recién tuvo un bebé, o es un padre primerizo que vive en el condado de Alameda?

Starting Out Strong

ofrece servicios GRATUITOS y voluntarios para nuevos y futuros padres.

**Le escucharemos y apoyaremos
durante el embarazo, posparto y crianza.**

El programa del Condado de Alameda Starting Out Strong une a los padres nuevos y futuros con profesionales capacitados y atentos, incluidos enfermeros, trabajadores sociales o proveedores de apoyo familiar. Se reunirán con usted individualmente o en grupos.



**Public Health
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LOS PROGRAMAS DE STARTING OUT STRONG INCLUYEN:

- Black Infant Health - *DREAMS - EmbraceHer**
***Iniciativa de Padres - *Special Start - *Healthy Families**
Alameda County - *Building Bridges
***Nurse Family Partnership - *Blue Skies Salud Mental**

*Estos programas ofrecen servicios en español.

OPCIONES DE CONTACTO:



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