

Stay in the know with the Nevada Statewide Maternal and Child Health (MCH) Coalition. Meet new members of the committees. Learn about the new programs and events that MCH is involved with. Stay connected with what's important.



Visit our Website

Follow us on TikTok

Like us on Facebook

Follow us on Instagram

February 2023 Newsletter

Upcoming Events & Trainings



Local Events

Northern Nevada

Roller Kingdom: Family Night
Every Thursday 6:30pm-9pm

Family Day at Bundox Bocce
Saturday, Feb 5th 12pm-4pm
Bring the family for free boccee play!

Final Draught: Family Friendly Bingo
Every Tuesday 6pm-8pm
Free

Southern Nevada

Valentines - Dive In Movie Night
Pavilion Center Pool
Feb. 11 5pm

Black History Month Cultural Cuisine
Centennial Hills Active Adult Center
February 22 11am

Rainbow Company Youth Theatre production of Romeo and Juliet
Charleston Heights Arts Center
Feb. 10-19, Various times

DOC TALK WEBINAR: Dr. Bayo

Curry-Winchell



Immunize Nevada presents: Race-based Medicine and it's Role in Health Inequities, Disparities, and Interpersonal Racism

When: February 8, 2023 (Wednesday)
Time: 12pm-1pm PST

Dr. Bayo Curry-Winchell is the Medical Director of Community Engagement and Health Equity, Co-Lead of Diversity, Equity, Inclusion, and Belonging, and Medical Director of Urgent Care Clinics, Carbon Health and Saint Mary's Regional Medical Center, Reno, NV.

[Register Here](#)

VIRTUAL JOB FAIR

CLARK COUNTY NEVADA

Forbes 2022
AMERICA'S BEST-IN-STATE EMPLOYERS
POWERED BY STATISTA

Clark County Is Hiring

Virtual Job Fair

February 8, 2023
9:00 a.m. - 10:00 a.m.

Space is limited. Scan QR code to register!

[Register Here](#)

TRAINING: Facilitating Shared Decision-Making w/ Youth and their Family Members

February 21, 2023
Thursday 12:00pm - 1:15pm PST
CEUs Available

This virtual training will be an introduction and overview of shared decision-making (SDM). We will discuss the challenges of facilitating SDM with youth with disabilities and their

families, including parent/guardian perspectives. We will also detail legal and professional obligations and parameters for providers.

Objectives:

Participants will identify dimensions of shared decision-making (SDM) including the triadic nature of treatment planning, guardianship, and supported decision-making. Participants will integrate the SDM paradigm with relevant laws, policies and best practices for providers. Participants will evaluate SDM principles in relation to a case vignette.

[Learn More](#)

The Ripple Effect 2-Day Webinar Series

Date: February 23rd and 24th

Time: 9:00 am - 2:30pm (PST)

Cost: Free

Continuing Education Units: 8 CEUs

- Describe different patterns of responding to experiences of danger.
- Name at least 3 domains of functioning that may be affected by trauma.
- Name at least 2 core concepts related to the mechanism through which trauma affects development.
- Become familiar with the C.O.P.E.S. framework.
- Name two factors that may affect individual variability in response to a traumatic event.
- Use the framework to identify at least three ways in which their current practice currently addresses the core trauma concepts.
- Use the framework to identify 2 ways in which they may make changes in practice to further address core concepts.

**Click the link below to complete the demographic survey in order to gain access to the registration passcode and to visit the CASAT registration page:*

[Click here for the survey](#)

NEED TO KNOW - PRODUCT RECALL

Recall re-announced after 8 additional deaths.

Name of Product:

All models of Rock 'n Play Sleepers

Hazard:

Infant fatalities have occurred in the Rock 'n Play Sleepers, after the infants rolled from their back to their stomach or side while unrestrained, or under other circumstances.

Remedy:

Refund

Recall Date:

January 09, 2023

Units:

About 4.7 million (The original [recall](#) was announced on April 12, 2019.)



[NEED TO KNOW - PRODUCT RECALL](#)

Recall date:
January 19, 2023

Name of product:
Vaenait Baby Children's Robes

Hazard:
The children's robes fail to meet the federal flammability standards for children's sleepwear, posing a risk of burn injuries to children.

Remedy:
Consumers should immediately take the recalled robes away from children, stop using them and contact Vaenait Baby for a full refund. Consumers who purchased the robes will be asked to destroy the robes by cutting them in half and send the recalling firm a photo of the destroyed garment. Upon receipt of the photo, consumers will be issued a full refund of the purchase price. Vaenait Baby will contact all known purchasers.



Recalled Vaenait Baby Children's Robe in Pink



[Learn More Here](#)

[NEED TO KNOW - PRODUCT RECALL](#)

Recall re-announced after 4 additional deaths.



Name of Product: All models of Kids2 Rocking Sleepers

Hazard: Infant fatalities have occurred in the Rocking Sleepers, after the infants rolled from their back to their stomach or side while unrestrained, or under other circumstances.

Remedy: Refund

Recall Date: January 09, 2023

Units: About 694,000 (The original recall was announced in April 2019).

FREE DOULA SERVICES FOR SOUTHERN NV



Happy Mama Healthy Baby Alliance

The Happy Mama Healthy Baby Alliance is offering free doula services to expecting families in Las Vegas! Receive assistance with prenatal care, childbirth services, and postpartum support! Get the support you need to have a happy pregnancy and healthy baby.

What is a doula?

- Childbirth & Lactation Education
- Labor Coping Skills & Comfort Measures
- Advocacy for Respectful, Evidence-Based Care

Click the button below to call J. Tranae at 626-388-2191 ext. 2 or email expressing your interest at j.tranae@motherbabysupport.net.

[Sign Up Here](#)

PERINATAL MOOD AND ANXIETY TRAININGS

Perinatal Mood and Anxiety Disorders, including postpartum depression, are the most common medical complication associated with pregnancy and childbirth. PMADs present a widespread public health problem that may have serious consequences for mothers, infants, and families. Join us for one of our trainings if you'd like to learn more!

Perinatal Mood and Anxiety Disorders

CALL (775) 553-8024 FOR SUPPORT



nvmch.org/pmad

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Tickets

Upcoming 2023 Dates

March 2023:

Tuesday 3/21 2p-3p

Click Here to Register for a
Session

Perinatal Mental Health 101 Webinar



Visionaries for the Future
of Maternal Mental Health



POSTPARTUM SUPPORT
INTERNATIONAL

Learn about the various Maternal Mental Health Disorders, the differences between them, risk factors and treatment options. The course is designed for providers, administrators and public health employees, though all are welcome. CEUs/CMEs are not available for this event. Click the button below to register for free.

Date: Thursday, March 9th, 2023

Time: 10:30 am - 12:00 noon PT

Register



KEYNOTE SPEAKER
BRANDON NOVAK
 FORMER PROFESSIONAL
 SKATEBOARDER, AUTHOR,
 AND PERSON IN
 LONG TERM
 RECOVERY



**THERE IS NO HERO
 IN HEROIN PRESENTS**

BLACK MONDAY

FEBRUARY 13TH, 2023

4:00PM - 9:00PM

**1001 NEW BEGINNINGS DR.
 HENDERSON, NV**

**HARM REDUCTION & OVERDOSE PREVENTION TRAININGS, RESOURCE
 FAIR, RAFFLE, FOOD TRUCKS, REMEMBRANCE DISPLAY, AND MORE!**

FREE TO ATTEND

**LIVE STREAM OF PROGRAM
 THROUGH FACEBOOK AT 6:30PM!**



**FOR MORE INFORMATION, CONTACT
 INFO@TINHILASVEGAS.INFO**

CIRCLE OF SECURITY PARENTING FACILITATOR TRAINING

Interactive sessions with a Circle of Security Trainer
Asynchronous lectures with: Bert Powell - COSI Co-ordinator

Mondays & Thursdays from 10am - 12pm PT
March 2nd, 6th, 9th, 13th, & 16th

Circle of Security Parenting is a manualized attachment-based program used internationally with parents and other caregivers of children under 6. This two-week training seminar leads to certification and is designed to help professionals understand both the theory and research underlying our video-based parenting reflection program and how to deliver the COSP program effectively. COSP is based on decades of attachment research and offers an accessible step-by-step intervention process designed for group intervention but also used in home visitation and for individual or couples counseling. **Sponsorship for this opportunity is limited to 75 participants.** Apply now!

Format: Live Virtual + Self-Paced

The course will take about 25-35 hours to complete between the self-directed learning plus five (5) two-hour live virtual sessions. All coursework must be completed and submitted no later than March 23rd at 5pm PT. (Additional time is required for COSP Groups and Coaching Session Calls).

The times shown in official communications will be Pacific Time, as Seattle, Washington is the location of the server for the course website.

Who Should Attend?

Social Workers, Marriage and Family Therapists, Clinical Professional Counselors, Nurses, Home Visitors, Family Support Workers, Behavior Support specialists, and anyone providing parenting education and/or counseling to parents of young children. Limited to 75 attendees.

Cost: FREE

Sponsored by DCFS Nevada Pediatric Psychiatry Solutions in partnership with the Nevada Public Health Foundation.

Funding provided by the Health Resources & Services Administration Pediatric Mental Health Care Access Grant.

To Apply for Sponsorship, Visit <https://www.surveymonkey.com/r/Circle-of-Security-Parent>

For sponsorship or registration questions, contact NVPeds@dcs.nv.gov

Learning Objectives of the Training:

- Identify the fundamentals of attachment theory and key concepts of the Circle of Security approach.
- Identify the features of a safe learning environment for caregivers.
- Identify the ways in which a Facilitator can teach caregivers to use quality of relationship enhancement rather than behavior management.
- Identify steps the Facilitator can take to build self-reflection in caregivers.
- Explain how to facilitate the COSP model using video examples of parent-child relationships, the COSP Facilitator Manual, & handouts.

Visit <https://www.circleofsecurityinternational.com> for more information about the Circle of Security model.

CEUs have been approved for the following:

NV State Board of Nursing – up to 23.25
Social Work Board (NASW) – up to 24
NV State Board of Examiners for MFT/CPC – up to 34
NV State Board of Psychological Examiners – up to 34.5

Application Deadline: February 22, 2023 at 5pm



SAVE THE DATE



CSN is hosting its Mental Health 360 Conference on April 14, 2023! This conference will bring together leading mental health researchers, clinicians, faculty, students, and advocates to share practical advice and raise awareness of warning signs to support individuals living with mental illness. The conference theme is "Knowledge, Self-Care & Transformation."

Registration opens in February so stay tuned!

THRIVE app

For caregivers/parents to help empower their youth and young adults to stay healthy.



PARTICIPATE IN THE "EARN 2" SURVEY

"EARLY RESPONSIVE
NURTURING CARE IN NEVADA"



Our research team at UNLV is conducting a study to learn about the parenting experiences of mothers/caregivers with children under the age of two years, to better advocate for maternal and child health care in Clark County

ELIGIBILITY

If you are a mother/caregiver (age 18+) of a child under 23 months and reside in Clark County, you are eligible to participate!

PARTICIPATION

SCAN THE QR-CODE
OR
USE THE LINK:
bitly.ws/wvqI



This research has been approved by the UNLV Institutional Review Board (IRB) study number UNLV-2022-372. All information collected as a part of this study follow high standards for the protection of human subject's privacy.

CONTACT INFO

Questions or concerns?

UNLV
SCHOOL OF
PUBLIC
HEALTH

Please contact
Dr. Gabriela
Buccini
+1(702)895-4674

During the next few months, UNLV's research team in the School of Public Health at the University of Nevada, Las Vegas is conducting a study to learn about the factors influencing parenting practices related to infant feeding, soothing, and early childhood development. We ask mothers or caregivers (18+) of an infant under 23 months who reside in Clark County, Las Vegas, to complete a 20-minute anonymous survey.

If you know a person(s) eligible (mother or caregiver of an infant under 23 months) that would be interested in completing this survey, please distribute this survey to them. This survey will help us better advocate for maternal and child health care in Clark County, Nevada.

For any questions or concerns, please contact Dr. Gabriela Buccini at (702)895-4674

English

Espanol

PARTICIPA EN LA ENCUESTA "GANA 2"

"Cuidado temprano de crianza en Nevada"



Nuestro equipo de investigación en la UNLV está realizando un estudio para conocer las experiencias de crianza de madres/cuidadores con niños menores de dos años, para abogar mejor por la atención médica maternoinfantil en el condado de Clark.

ELEGIBILIDAD

Si es madre/cuidadora (mayor de 18 años) de un niño menor de 23 meses y reside en el condado de Clark, ¡usted es elegible para participar!

PARTICIPACIÓN

ESCANEE EL CÓDIGO

QR

O USE EL ENLACE:

bitly.ws/wvqI



DATOS DE CONTACTO

¿Preguntas o inquietudes?

UNLV
SCHOOL OF
PUBLIC
HEALTH

Por favor
contactar
Dr. Gabriela
Buccini
+1(702)895-4674

Esta investigación ha sido aprobada por el estudio número UNLV-2022-372 de la Junta de Revisión Institucional (IRB) de la UNLV. Toda la información recopilada como parte de este estudio sigue altos estándares para la protección de la privacidad de los sujetos humanos.

February Observances

[American Heart Month](#)



MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10
Minutes
of stretching is like walking the length of a football field



2.5
Hours
of walking every week for a year is like walking across the state of Wyoming



30
Minutes
of singles tennis is like walking a 5K



1
Hour
of dancing every week for a year is like walking from Chicago to Indianapolis



20
Minutes
of vacuuming is like walking one mile



30
Minutes
of grocery shopping every other week for a year is like walking a marathon

Source: purdue.edu/walktothemoon/activities.html

EAT SMART **MOVE MORE** BE WELL

For more ways to add activity to your life, visit HEART.ORG/MOVEMORE

Womens Heart Week February 1st - 7th

Heart disease is the No. 1 killer of new moms.*

It can pose a threat to women's heart health during pregnancy and later in life. Learn more about getting healthy before pregnancy, having a healthy pregnancy, and staying healthy after pregnancy.

*American Heart Association



Keeping MOMS-TO-BE and NEW MOMS SAFE and HEALTHY

A healthy pregnancy is best for both mom and baby. Pregnancy and childbirth can put a woman's health at risk, but many pregnancy-associated deaths can be avoided.



BEFORE GETTING PREGNANT

It's important to understand your medical risks and to get as healthy as possible before pregnancy. Talk to your health care team about:

- Whether you have any signs of heart disease
- Your family health history
- Your blood pressure
- Whether you should lose or gain weight, and if so, how
- Getting 150 minutes of physical activity per week
- Healthy eating
- Sodium in your diet
- Whether prenatal vitamins are recommended
- Quitting any unhealthy substances, such as tobacco, alcohol, and marijuana or other drugs
- Safety in your home environment



DURING PREGNANCY

- Visit a health care provider regularly
- Take medication as prescribed
- Reduce stress and manage anxiety
- Monitor weight gain
- Avoid unhealthy habits such as smoking, alcohol and illegal drugs
- Follow extra precautions if you're older than 35

[Learn More Here](#)

National Caregivers Day
February 17, 2023

This day honors individuals who selflessly provide personal care, and physical- and emotional support to those who need it most. Thank you to parents, grandparents, foster parents, and everyone that makes an effort into caring for all children.





National Children's Dental Health Month





BRUSH FLOSS SMILE

February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](https://ada.org/NCDHM) for more activity sheets.



HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR TEETH DAILY.



EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST TWICE A YEAR.

ADA American Dental Association®

Upcoming Coalition Meetings

Southern Nevada MCH Meeting

Next meeting will be held on Tuesday, February 14, 2023 from 8:30am-10:00am

Click here to join the meeting: <https://snhd.webex.com/snhd/j.php?MTID=m5c1ab8ea4eac4c8c2b245f2173ce97fc>

Meeting number (access code): 2553 813 1693 Meeting password: PjP2PzbXe56

Tap to join from a mobile device: +1-415-655-0001,,25538131693## tel:%2B1-415-655-0001,,*01*25538131693%23%23*01* US Toll

Join by phone: +1-415-655-0001 US Toll Global call-in numbers
<https://snhd.webex.com/snhd/globalcallin.php?MTID=m36e7c96a852e507ac75d176ef9a5b3a5>

Join from a video system: Dial sip:25538131693@snhd.webex.com You can also dial 173.243.2.68 and enter your meeting number.

Northern Nevada MCH Meeting

Next meeting will be held on Thursday, February 9th, 2023 from 8:30am-10:00am

Click here to join the meeting: https://teams.microsoft.com/l/meetup-join/19%3ameeting_MGZIYjFkMzMtZGNjYS00MWEwLWIxNjQtMzk3NWlwOTdjM2Fj%40thead.v2/0?context=%7b%22id%22%3a%22a2a21b60-5625-43fe-a55a-52f5e111d71c%22%2c%22oid%22%3a%22f911aff2-0f5e-454c-8755-3d96714f22da%22%7d

Call in (audio only): +1 775-325-0620,,114173905# <tel:+17753250620,,114173905#> United States, Reno

Conference ID: 114 173 905

Important Updates & Resources



The Molina Mobile Help Center is coming to a neighborhood near you! This traveling health clinic will provide the communities we serve with quality services, including:

- Preventive health screenings
- Answers about renewing your health coverage
- Wellness exams
- Behavioral health screenings
- Health risk assessments
- Referrals for social services
- Vaccines
- Health education
- Nutritional advice and much more!

To find out when the Mobile Help Center will be near you:

1. Visit Molinahealthcare.com/NVevents and click on Nevada Events 2023
2. Email MHNVCommunityEngagement@MolinaHealthcare.com or
3. Call (833) 685-2102 (TTY: 711)



Visionaries for the Future of Maternal Mental Health

The recent tragedies involving [Lindsay Clancy](#) in Boston, MA, and [Paulesha Green-Pulliam](#) in San Francisco, CA have brought the much-needed discussion about postpartum psychosis and maternal mental health disorders to the forefront of national news.

To address the grave concern and confusion from the public and professional community, 2020 Mom is announcing the re-release of its overview of postpartum psychosis and a psychosis symptom checklist that can help people understand the prevalence, risk factors, and signs and symptoms.

Click [here](#) to view the checklist or the button below.

View Checklist
Here



Cribs for Kids[®]
Helping every baby sleep safer

The Washoe County Health District offers parents a free Cribs for Kids class to provide education on the importance of safe sleep practices for their babies.

Participants who complete the course will receive a free Pack 'n Play if unable to afford a safe place for their babies to sleep!





**For more information on our next
class, please contact our Community
Health Workers:**

775-328-2478

Ksolorio@washoecounty.gov

1001 E. 9th St. Bldg B, Reno,
NV 89512



**WASHOE
COUNTY
HEALTH
DISTRICT**

ENHANCING
QUALITY OF LIFE

El Distrito de Salud del Condado de Washoe ofrece a los padres una clase gratuita de "Cunas para Niños" para educarles sobre la importancia de las prácticas de dormir de forma segura para sus bebés. Los participantes que completen el curso recibirán un Pack 'n Play gratuito si no pueden conseguir un lugar seguro para que duerman sus bebés.

Para obtener más información sobre nuestra próxima clase, póngase en contacto con nuestras promotoras de salud:

775-328-2478

Ksolorio@washoecounty.gov

1001 E. 9th St. Bldg B, Reno, NV 89512

Enroll in your local BABY & ME - Tobacco Free Program by contacting:

Washoe County Health District
1001 East 9th St, Building B
Reno, NV 89512
(775) 328-2480

Quit smoking and receive
FREE diapers*

babyandmetobaccofree.org

**To be eligible you must be a current smoker or quit within three months of becoming pregnant.*



BABY & ME - Tobacco Free Program™

Healthy babies. Born on time.

You and your baby can be tobacco free.



Quitting smoking is the single most important thing you can do for your health and the health of your baby!

drive-thru
FOOD
DISTRIBUTION



the center



three square™

together, we can feed everyone

MEMBER OF
FEEDING AMERICA



join us!
**EVERY 1ST & 3RD
FRIDAY OF THE MONTH
9:30-11:30AM**

401 S. MARYLAND PARKWAY
LAS VEGAS, NV 89101

GET YOUR TAXES DONE



GET YOUR TAXES DONE FOR FREE



Nevada Free Taxes Coalition's **Volunteer Income Tax Assistance (VITA)** program provides **FREE** income tax assistance to individuals and families with a household income less than **\$60,000** a year. VITA is a safe, simple way to file your taxes and keep more of your hard-earned income in your pocket.

You earned it KEEP IT!

ARE YOU ELIGIBLE?

If your household income was less than \$60,000 in 2022, you can receive FREE tax preparation and may be eligible for a refund of up to \$6,935 with the Earned Income Tax Credit.

Last year, the IRS certified tax preparers prepared more than 22,650 tax returns and have provided more than \$25M in tax refunds.

Income between \$60k and 73k? We can still help. Visit myfreetaxes.com to prepare your own taxes online at no cost.

Call 211 or visit our website www.nvfreetaxes.org to find a location near you.

Nevada Free Taxes Coalition
5013 Alta Dr.
Las Vegas, NV 89107
(702) 987-4625
www.nvfreetaxes.org

WHAT DO YOU BRING?

- Valid driver's license or official photo identification (self & spouse's)
- Social security identification card or Individual Taxpayer Identification (ITIN) notice(s)/card(s) for you, your spouse and/or dependent(s) on the return
- Birth dates for you, spouse and/or dependents on the return
- If filing jointly, both spouses must be present and sign the return
- All income forms: W-2, 1099 and information for other income received or tax withheld
- A copy of last year's tax return and information for all deductions/credits
- Daycare payment records and daycare providers Tax ID number
- Health insurance coverage information for all members of the household (if applicable)
- Checking and Savings Account and Routing number(s)

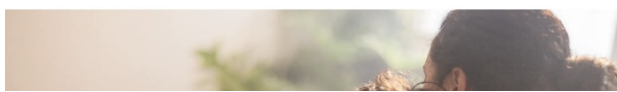
BREASTFEEDING SUPPORT

Are you breastfeeding? Do you need some support with breastfeeding your baby? Call **702.616.4908** for hotline support or to book a private session with a certified lactation counselor.

FREE TELEMEDICINE AND THERAPY PROGRAM FOR CHILD CARE PROVIDERS

There is a new program beginning

February 2023 that allows **active members of The Nevada Registry** working in eligible programs to visit a





working in eligible programs to visit a doctor or therapist FREE online at your convenience. The Nevada Registry is a program serving early childhood educators throughout Nevada that serves as a workforce data system. More information about The Nevada Registry can be found here: [The Nevada Registry](#)

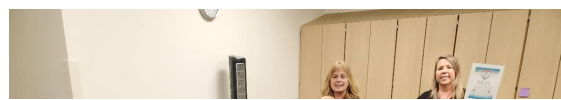
The new Telehealth Services will be having a free webinar on January 11, 2023 at 5:30 pm PST so that eligible programs can get more information about this FREE state-sponsored Telemedicine and Teletherapy program and get information about their open enrollment period that start January 15th. For more information and to register for their upcoming webinar, visit this site: [Telehealth Services Webinar](#).

Eligible Programs Include:

- Licensed Child Care Centers
- Licensed Family Child Care
- Licensed Group Home
- Licensed Head Start and Early Head Start
- Head Start
- Family, Friend, and Neighbor (FFN) Care
- School District-Based and Charter School Pre-K Programs
- School-Age/Youth Development Program
- Accommodation Facilities
- On-Site Child Care Programs
- Tribal Child Care Programs

[COME GET YOUR NEW MAMA CARE KITS](#)

Thanks to our volunteers, we were able to assemble **300** New Mama Care Kits for Southern Nevada families! If you or your organization would like to distribute these to individuals or families you work with, please send an email to Kairi at Kairirenae.pangelinan@DignityHealth.org or call 702.616.4918.





[Count the Kicks](#)



Count the Kicks is an evidence-based stillbirth prevention campaign that provides educational resources to healthcare providers and expectant parents. Paying attention to movements helps expectant parents get to know what's normal for their baby and speak up if they notice a change. They've partnered with Health Plan of Nevada to be able to provide FREE materials to the community to get the word out.

[Download the app today!](#)

[Learn More](#)

[Northern Nevada Postpartum Support & Therapists](#) **Call for More Information**

- Thrive Wellness of Reno - 775-525-8103
- Megan Kornbluth - 530-580-8848.
- Quest Counseling - Alyson Mullen - 775-786-6880.
- Amber Creek - Rachel Goforth - 775-575-2144.
- Desert Bloom Wellness - Caitlyn Wallace - 775-453-4149
- Healing Home Counseling - Ashley Hanna Morgan - 775-391-0781

[Dignity Health](#)

Dignity Health Community Outreach is offering online and hybrid fitness, wellness, and children's classes.

Free Birthing Center Tours: Register at StRoseHospitals.org/classes.

My Baby App: Download Dignity health's baby app to track pregnancy milestones, identify symptoms, and connect to services for a healthier pregnancy.

Mommy and Baby Yoga: A class for new mommies with infants and toddlers. It promotes a strong bond between mommy and baby. Postnatal yoga helps mommy regain strength while complementing your new life as a mom. Babies' minds will be stimulated while doing some simple stretches.

New Mommy Mixer: Mix and mingle with other new moms and their babies in this fun atmosphere!

Zumbini: Enhance your child's motor and cognitive skills and development milestones

Sing & Sign: Food Time: for parents with children ages newborn to 2 years

Parenting the Love and Logic Way: Would you like to put the fun back in parenting? Learn helpful and easy tips so you can parent without breaking a sweat. Parents and caregivers of children ages 0-18

FREE, Email tawanda.mcintosh@dignityhealth.org to register and receive a link.

Baby Steps: Learn and Play: Have your baby learn to focus their vision, reach out, and explore and learn more about your baby through Parent Corner

Mommy Care Club: Support for families dealing with raising newborns/infants.

[Click Here for Days and Locations](#)



nevada
health link

connecting you to health insurance

Are you uninsured? Enrollment Counselors are available for enrollment assistance. You may qualify for a Special Enrollment Period and incentives to help pay monthly premiums.

Call for an appointment at 702-616-4904

Spanish-Speaking Navigators Available
Virtual and phone-based assistance is available

[Learn More about Special Enrollment Periods](#)

New Video Quiz: How Safe Sleep Savvy Are You?

Learn About MCH Initiatives

[Nevada 2-1-1](#)



2-1-1 is a special telephone number to provide information and referrals to health, human and social service organizations. Dial or call 2-1-1 in almost every part of the United States will connect you to human and social services for your area.

[Learn More](#)

[Go Before You Show](#)

The Nevada Statewide Maternal and Child Health Coalition, in coordination with Washoe County Health District, is launching the Go Before You Show® campaign statewide. The mission of Go Before You Show® is simple -- to affect social awareness and create long term change by promoting the importance of women seeing a doctor early in their pregnancy to help improve their health and the health of their baby. Women are encouraged to see a doctor early if they think they might be pregnant or before their twelfth week of pregnancy.

Go to [Nevada 2-1-1](#) for more information

The MCH coalition has flyers to distribute for the community. If your organization would like flyers, please contact Tori Diego by email Tori.Diego@DignityHealth.org.

[Sober Moms, Healthy Babies](#)

The mission is to reduce the impact of substance use in Nevada. One of the primary goals is to prevent alcohol and drug use among women of childbearing years and women currently pregnant. To achieve this goal, they have partnered with many of the treatment centers in the state that treat pregnant women struggling with addiction. Overall, for State Fiscal Year 2013, SAPTA funded 22 treatment organizations, providing services in 68 locations throughout Nevada. Together, these providers had 11,907 treatment admissions. Sober Moms, Healthy Babies provide many resources if you are looking for help or if you are wanting to help someone else.

[Learn More](#)

[Medical Home Portal](#)

The Medical Home Portal is a unique source of reliable information about children and youth with special health care needs (CYSHCN), offering a "one-stop shop" for families, physicians and medical home teams, and other

professionals and other caregivers. The portal's mission is to assist and support professionals and families in working together (the Medical Home model) to care and advocate



for CYSHCN by providing reliable and useful information about their conditions and caring for them and knowledge of valuable local and national services and resources.

[Learn More](#)



[Nevada Tobacco Quitline](#)



Taking your first steps toward becoming tobacco free.

Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Nevada Tobacco Quit line can help you with each step of the way.

For more information please click [here](#).

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