



What is M.O.M.S.?

M.O.M.S. is a new initiative from Oak Hill designed to **support Mississippi moms and families** through every stage of motherhood – from planning a pregnancy to raising strong, healthy kids. We believe **healthy moms create healthy families and strong communities**. That's why M.O.M.S. offers **real support, close to home**, to help moms thrive.

How M.O.M.S. Helps You

Whether you're thinking about having a baby or already have little ones, M.O.M.S. is here for you with:

✓ Health Support at Every Stage

- Help before pregnancy to get your body ready
- Prenatal care with nutrition and mental health support
- Post-birth checkups, counseling, and parenting help
- Connections to pediatric care and early education

✓ Family & Life Resources

- GED classes, job training, and career support
- Help finding stable housing
- Workshops on budgeting, parenting, and more

✓ Support That Comes to You

- Mobile health units and telehealth for easier access
- Programs built for moms in **rural or underserved areas**

You're Not Alone

M.O.M.S. is building a **statewide network** of local churches, health centers, and community groups that work **together** to make sure **no mom feels left out or left behind**.

Why This Matters

Too many Mississippi moms face challenges in getting the care they need. M.O.M.S. is changing that by:

- Fighting for fair and equal health care
- Creating local support systems in your neighborhood
- Making sure every mom has **a voice and real choices**

Let's Grow Stronger Together

M.O.M.S. is more than just a program – it's a movement to help Mississippi moms **feel empowered, supported, and connected**. Whether you're pregnant, parenting, or planning, M.O.M.S. is here for

☀ Want to learn more or get involved?

Visit oakhillregionalcdc.com, call (662)298-3584 or scan the QR code! We want to hear from you!

