



*Supporting Benton, Sherburne, Stearns
and Wright Counties*

WWW.FIRSTSTEPSCENTRALMN.ORG

First Steps Central MN is a team of personal nurses who offer support and information at no cost for you to:

- Have a healthy pregnancy and baby
- Be the best parent you can be
- Have a safe, loving home for you and your baby
- Connect to resources in your community to get things needed for your baby
- Find ways to continue your education and develop job skills

CONTACT US

 763-276-0441

 referrals@firststepscentralmn.org

 firststepscentralmn.org

REFER YOURSELF OR
ASK YOUR PROVIDER,
WIC OR SCHOOL FOR A
REFERRAL



Benton County
Sherburne County
Stearns County
Wright County