

First Steps

Central MN

SUPPORTING FAMILIES ACROSS BENTON,
SHERBURNE, STEARNS AND WRIGHT COUNTIES



*Every parent
deserves support
along their journey.*

WWW.FIRSTSTEPSCENTRALMN.ORG

WHO WE ARE

First Steps Central MN is a team of nurses who partner with you in your pregnancy, postpartum, and parenting journey.

WHAT WE DO

Free visits with a nurse.

Connections to community resources.

Education and support for:

- What to expect during pregnancy
- Preparing for childbirth
- Feeding your child
- What to expect for your child's growth & development
- Guiding you and your child through challenging moments
- Accurate health information
- Ways to prepare your home for a child
- Child passenger safety (car seat) education & distribution
- Finding dental, vision, or medical care
- Family planning resources & testing
- Immunizations

HOW TO GET CONNECTED

Call or text 763-276-0441

referrals@firststepscentralmn.org

www.firststepscentralmn.org

