



# First Steps Central MN

Supporting Families in Benton, Sherburne, Stearns & Wright Counties

We can support you in finding more information about:

Receiving free home visits from a Nurse

Ways to prepare your home for a baby

Family planning resources & pregnancy testing

Child passenger safety (car seat) education & distribution

What to expect during pregnancy & preparing for childbirth

Immunizations

Breastfeeding, pumping, bottle feeding & infant feeding support

Finding dental, vision, or medical care & connection to community resources

What to expect for your child's growth & development

Food resources such as WIC, SNAP, local food shelves



Call/Text 763-276-0441  
[referrals@firststepscentralmn.org](mailto:referrals@firststepscentralmn.org)  
[www.firststepscentralmn.org](http://www.firststepscentralmn.org)



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# Central MN Infant Feeding Support

Below is a listing of resources for pregnant and parenting moms to receive free breastfeeding, pumping, and infant feeding information and support. No appointment needed, just drop in at one of the following locations:

- Baby Cafe-Mondays 10a-12p, Monticello Community Center, 763-271-2218
- Baby Cafe-Tuesdays 9:30a-11:30a, St. Cloud YMCA, 320-251-2700, ext 51990
- Baby Cafe-Wednesdays 9:30a-11:30a, Buffalo Wright County Historical Society, 763-684-7630
- Mommy & Me Support Group-Wednesdays 1:30p-3p, Maple Grove Hospital lower level conference room, 763-581-2021
- Lactation Connection-Thursdays 10a-12p, Mainstreet Family Resource Center Room 207, 763-765-4000
- Baby Cafe-Thursdays 11a-12:30p, Cambridge-Isanti Adult Enrichment Center, 763-689-4212
- Baby Cafe-Fridays 10a-12p, St. Michael Cornerstone Options For Women, 612-584-9449



Our First Steps Nurses are also available for breastfeeding and infant feeding questions. Call/Text 763-276-0441 to learn more!



# Central MN Weekly Baby Cafe Locations

Below is a listing of resources for pregnant and parenting moms to receive free breastfeeding, pumping, and infant feeding information and support. No appointment needed, just drop in at one of the following locations:

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