

BELONG

to a global community of mothers.

BELIEVE

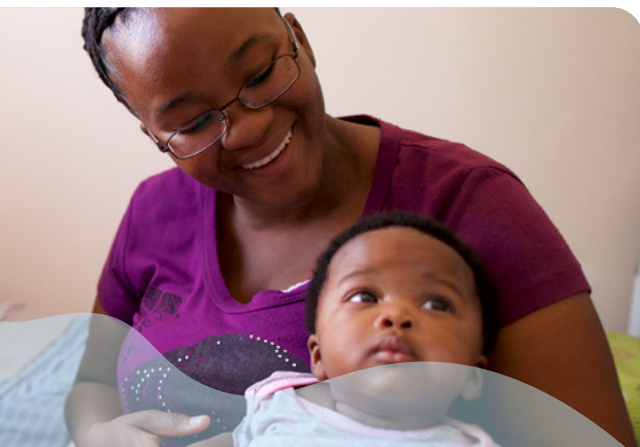
you and your baby can have a happy and healthy life.

BE AWARE

of behaviors that could harm you or your baby.

BECOME

your best self and the best mother you can be.



MyBaby4Me is FREE to join and offers new mothers education, support, and a community of hope.

MyBaby4Me is an initiative of The Church of Jesus Christ of Latter-day Saints in collaboration with A Chance to Learn and support from the following community organizations:

- One Generation Away
- Lifepoint Health
- Tennessee Governor's Faith-Based and Community Initiative
- The Tennessee Department of Health
- African American Heritage Society
- GraceWorks
- Tennessee Hospital Association
- Tennessee Doula Association
- Ascension Saint Thomas
- Help to Moms
- Sunnyside Up Youth Pregnancy Services

The goal of the MyBaby4Me initiative is to reduce healthcare problems in pregnancy and early childhood.

For more information visit:
MyBaby4Me.org

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MyBaby
4Me™



**Pregnant?
New Baby?**

MyBaby4Me
offers help & hope!

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

A CHANCE TO LEARN

“Being a part of [MyBaby4Me] has changed our lives and has given us insight into being parents.”

Ashley & Winston
MyBaby4Me Participants

What is MyBaby4Me

A free initiative that helps mothers and babies from pregnancy through the first year including:

- Educational meetings
- Help with food security
- Help with home safety
- Connection with other young mothers
- Home visits when desired

What to expect

Trained and experienced volunteers with The Church of Jesus Christ of Latter-day Saints lead the program.

- Learn how to be healthier and happier during pregnancy
- Learn how to care for your baby, yourself, and your family
- Find a new friend
- Eat a free hot meal, and receive a grocery bag at every meeting
- Transportation assistance and grocery gift cards—as available

* Mothers may bring a family member or friend with them to each meeting.

For more information visit:
MyBaby4Me.org

Join us:

Local Organization

123 Address
Town, State 12345

Local Banner
Organization Logo

Dates and times:

Mondays: 4 p.m.–6 p.m.
Thursdays: 11 a.m.–1 p.m.
Third Saturdays: 11 a.m.–1 p.m.

HEALTHY BABIES
HAPPY MOMS
STRONG FAMILIES

MyBaby
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