

Harmony Pregnancy, Birth & Beyond



Free Services Available

Are you currently pregnant?
Or recently had a baby?

**YOU ARE NOT
ALONE.**



Spanish & Haitian Creole workers
are available.

We can help with:

- Connection to community resources and support (food, baby items, diaper, etc.)
- Educational workshops
- Developing birth and postpartum plans
- Securing health insurance
- Finding a doctor and transportation
- Support groups
- Nutrition, parenting classes etc.
- Connection to Doula services

CALL OR SCAN
FOR AN
APPOINTMENT



 **(516) 396-0389**

 **PICHC@harmonyhealthcareli.org**



www.harmonyhealthcareli.org

PERINATAL & INFANT COMMUNITY HEALTH COLLABORATIVE