



FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT



Join a community of people parenting in recovery!

Pregnancy and parenting young children can be a hopeful and exciting time. It can also be stressful and overwhelming, especially while working on your recovery.

FIRST Steps Together offers...

- Support for your recovery and parenting journeys from someone in recovery who has been there and understands
- A space to connect with other parents in recovery
- Help with your other services and providers
- Connections to resources and agencies to help with housing, benefits, childcare, and other needs
- Groups, care coordination, and the option of working with a mental health counselor
- Flexible services at home, in the community and/or online

You may qualify if you are expecting a child or are a parent of at least one child up to age 10 (even if they don't live with you) AND you have ever used opioids, stimulants or other substances.

If this sounds like a good fit for you, contact us:

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Cape Cod Children's Place 508-240-3310

FIRSTStepsTogetherMA.org; Mass.gov/first-steps-together

**Bay State Community Services Braintree and New Bedford
Cape Cod Children's Place | Jewish Children & Family Service
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