

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT

A HOME VISITING PROGRAM DEDICATED TO SERVING AND EMPOWERING FAMILIES ON THEIR PARENTING AND RECOVERY JOURNEY

Are you a parent or expectant parent, who has struggled with opioid, stimulant or other substance use?

We know that pregnancy and parenting young children can be hopeful and exciting. It can also be stressful and difficult, especially while working on your recovery.

FIRST STEPS TOGETHER can help.

*"It feels good to talk to someone that's been there. I don't feel alone and I have hope for my future."
—Mom in recovery*



First Steps Together is a home visiting program that provides flexible, community based and virtual services. We match you with a family recovery support specialist who is a parent in recovery with specialized training. They walk beside you on both your recovery and early parenting journeys. Some program participants also work with a clinician for additional support.

You may qualify if you:

- Are expecting a child or are a parent of at least one child under 5 (even if they don't live with you) AND
- Have used opioids, stimulants or other substances

In addition to recovery coaching and parenting support, we provide:

- Recovery and parenting groups in person or virtually
- Referrals for behavioral healthcare and substance use treatment
- Connections to community-based services
- Help accessing support for basic needs
- Support navigating the services that you might already be receiving

Cape Cod Children's Place

FIRST STEPS TOGETHER

Christina Russell, Program Director

(508) 240-3310 / (774) 722-3305

CRussell@capecodchildrensplace.com



FIRST STEPS TOGETHER IS FUNDED BY A GRANT FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION TO THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH. THE PROGRAM IS ADMINISTERED BY THE BUREAU OF FAMILY HEALTH AND NUTRITION.