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 or stimulants.

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

Christina Russell 774-722-3305 crussell@capecodchildrensplace.com

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

Making Opportunities Count | Square One



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