



Supporting Your Growing Family

WDG Public Health offers **FREE** programs and services to support your family's health before and after your baby arrives.



Prenatal and Postpartum Support – Connect with a public health nurse during pregnancy and after birth for guidance, resources, and tailored support in caring for your new baby.

Online Prenatal & New Parent Program

Learn about pregnancy, birth, infant feeding, and newborn care at your own pace with our free online program.

Healthy Babies Healthy Children (HBHC) Home Visiting Program

Personalized support for eligible families to help guide you through your parenting journey and your baby's development.

Health Line – 1-800-265-7293 ext. 7006, M-F 9 a.m.- 4 p.m.

Connect with a public health nurse for trusted information about:

- Pregnancy and prenatal health
- Infant feeding
- Skin-to-skin contact
- Parenting support
- Healthy growth & development
- Immunizations
- Public Health programs & services
- Local community resources

Learn more!

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