

# Do You Live in Mahoning County?

## Family Connects Ohio

Part of the Help Me Grow system of supports

The first few days and weeks home with a newborn can be a challenging time for everyone. Let Family Connects Ohio lend a helping hand.

Help Me Grow is proud to partner with Mahoning County Public Health and Family Connects International to provide an in-home visit from a nurse who will offer support, guidance, and connections to additional resources—at no cost to you.

### Help for baby

- Baby health check
- Infant feeding and fussiness
- Bathing, diapering and swaddling
- Safe sleep

### Help for mom

- Mom's health check
- Breastfeeding support
- Family planning advice
- Post-partum depression screening

### Help for family

- Scheduling doctor's appointments
- Understanding child care options
- Early literacy information
- Community connections

Scan the QR code  
to learn more and  
enroll today!

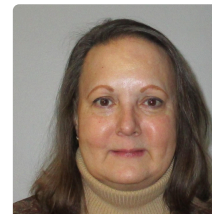


Have more questions? Please call (330) 616-3322  
or email [hmgreferrals@helpmegrow.org](mailto:hmgreferrals@helpmegrow.org).

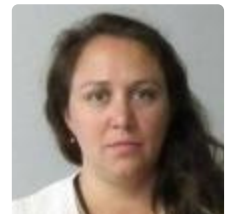
### Team



Erica Horner, MPH, BSN, RN  
Director of Nursing & Community Health



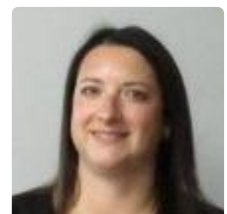
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Department of  
Children & Youth

Help Me Grow Home Visiting