

Do You Live in Trumbull 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 Trumbull County Combined Health District 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.

Team



Erin Heckman, RN
Nursing Supervisor



Shannon Weilacher, RN
Nurse Home Visitor



Public Health
Prevent. Promote. Protect.
Trumbull County



**Department of
Children & Youth**
Help Me Grow Home Visiting