

Do you live in Erie or Huron County?
Or are you having a baby at Fisher-Titus?

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 Fisher Titus Medical Center and Family Connects International to provide all families who live in Erie and Huron Counties and those who give birth at Fisher-Titus (but live in surrounding counties) an in-home visit from a nurse who will offer support, guidance, and connections to 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!**



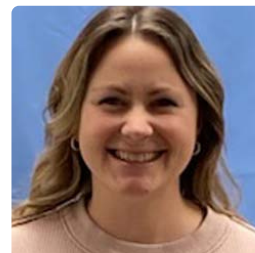
**Have more questions? Please call (440) 389-3322
or email hmgreferrals@helpmegrow.org.**



FISHER | TITUS



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**Department of
Children & Youth**

Help Me Grow Home Visiting