



*free
support services
for women*

who are experiencing
pregnancy or postpartum life
and substance use



These services are completely free of charge and available for pregnant and postpartum women who are facing current or past substance use. Insurance is not required for participation.

OUR SUPPORT SERVICES INCLUDE:

- ✓ recovery planning & support
 - developing plans to resolve needs related to housing, childcare, career skills, employment, transportation, clothing and food & more
- ✓ workshops & groups
 - › self-care
 - › finances
 - › "mommy & me"
 - › mindfulness (English & Spanish)
 - › parenting & discipline
 - › healthy relationships
- ✓ childcare while participants engage in our support services
- ✓ level of care assessments

To register, please call our patient registration team at **(855) 272-1653**.

To send a referral, please email Kendell Jones at **KEJones@pacounseling.com**.