

FREE SUPPORT SERVICES *for women*

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 housing needs, childcare, career skills, employment, transportation, clothing, food & more
- ✓ **workshops & groups**
 - › self-care
 - › mindfulness (English & Spanish)
 - › finances
 - › parenting & discipline
 - › “mommy & me”
 - › healthy relationships
- ✓ **childcare provided while participating in support services**
- ✓ **level of care assessments**

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

To send a referral, please email Susan Wright at SCWright@pacounseling.com.

