



Starting a
Family?

HANDS Can Help.

Pregnancy and becoming a parent can be overwhelming. Parenting is a very demanding job and all parents have worries, questions, and stress. HANDS is available to provide support through your pregnancy and the early years of your baby's life.

**Earn *FREE* gift cards while learning
how to be the best parent possible!**

Give us a call to learn more!

**Monroe County Health Department
270-487-6782**