

# Are you a PREGNANT TEEN? Are you in FOSTER CARE?

You may be eligible for the

## B.I.R.T.H.(Birth Information and Resources for Teen Health) Mother-Mentor Program

Pregnant teens can receive the following FREE services:



- ✚ “Lamaze” Childbirth Prep Classes
- ✚ Birth & Postpartum Doula Support
- ✚ Breastfeeding Support
- ✚ Support and Coaching from a “Mother-Mentor”

Teens do not need to be in foster care to receive these services. All teens 13-19 are welcome to apply.

Interested? Call: 626.388.2191 or Email: [support@WholisticMaternalNewbornHealth.org](mailto:support@WholisticMaternalNewbornHealth.org)

A Project of



*The Association for Wholistic Maternal and Newborn Health  
Promoting Mother-Baby Friendly Maternity Care*

Maternal-Child Health Education, Training, Consultation and Support

A 501 c 3 non-profit charitable organization

<http://WholisticMaternalNewbornHealth.org>

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