



CALL TODAY TO GET STARTED IN A PROGRAM TO HELP YOUR BABY!

TLC Family Resource Center offers important tools and education for pregnant and postpartum women in Sullivan and Lower Grafton counties. And, it's free!

Becoming a new parent can be overwhelming. The team at TLC Family Resource Center includes a nurse, parent educators, and a mental health counselor who can help you sort out your questions and find many helpful services to make life easier throughout your pregnancy and into the first year of your baby's life. Below are some of the programs available to you and your baby:

Community Nurse Visits

- A free visit in the third trimester and after the baby is born
- Answers questions about birth and postpartum
- Information about health needs for mom and baby
- Suggestions for balancing life and personal needs



Healthy Family America

- Improve health and development
- Improve self-sufficiency of the family
- Improve coordination and referrals for community resources and supports



Comprehensive Family Support Services

- Screening for maternal depression
- Promoting maternal/infant attachment
- Provide coping skills and anger management



Rocking Chair Program

- Enroll while pregnant and receive a free rocking chair and ottoman
- For low-income pregnant women
- Must be enrolled in one of our home visiting programs through the birth of the baby

We can also help you enroll for medical coverage; apply for WIC; locate housing; receive health education, parenting education and support with the Growing Great Kids program; child development screenings; and more in your home or at our Claremont office. For more information or to enroll, contact Réne at 603-542-1848 ext. 302 or Réne@tlcfamilyrc.org.

109 Pleasant Street | PO Box 1098 | Claremont, NH 03743 | 603-542-1848 | info@tlcfamilyrc.org