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learn more and
get connected

Call/text 509.280.3183
or visit srhd.org/nfp



Nurse-Family Partnership Program
1101 W. College Ave., Spokane, WA 99201

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Visit: srhd.org/nfp



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Welcoming a
new baby?

A lot's
gonna
change

*You got
this!*



 Nurse-Family
Partnership
Helping First-Time Parents Succeed

What is Nurse-Family Partnership?

Nurse-Family Partnership is for pregnant parents who are welcoming a new baby.

When you enroll you will be connected to a free personal nurse who will provide the support, advice and information you need to have a healthy pregnancy, a healthy baby and be a great parent.

Who can enroll in Nurse-Family Partnership?

Any parent who:

- Is pregnant
- Meets income requirements
- Lives in an area where Nurse-Family Partnership is available (Spokane county)

How much does it cost?

Nurse-Family Partnership is FREE to eligible pregnant parents.

Your nurse will support you to:

- Have a healthy pregnancy and a healthy baby.
- Become the best parent you can be.
- Learn and practice things that make you more confident, like breastfeeding, nutrition, child development, safe-sleep techniques and more.
- Get referrals for healthcare, childcare, job training and other support services available in your community.
- Continue your education, develop job skills or follow your dreams for the future.

Can my partner participate?

Yes! Partners, family members and friends are welcome to participate in the program, but as the pregnant parent, you are the main focus!

