

South Georgia Healthy Start

Helping Families Have a Healthy Start

All families deserve a healthy start, and South Georgia Healthy Start is working to make that a reality.

New and experienced mothers face a complicated world of doctors, birth planning, financial pressures, and a mountain of information about what they should and shouldn't do to have a healthy pregnancy and healthy baby. It can be hard to take in and use all of that information, especially when it is coming from so many different places. It can also be hard in rural areas to access all of the medical and social services that are needed during a complicated time.

To help support families in rural Georgia, South Georgia Healthy Start provides free services to mothers, fathers, and babies in a 7-county region – learn more about what we offer on the other side of this flyer.



Vision:

A Georgia Where ALL Mothers and Babies Survive and Thrive

About South Georgia Healthy Start

- Serves Appling, Bulloch, Candler, Emanuel, Jenkins, Tattnall, and Toombs counties
- Supports pregnant women, new mothers, intended mothers, male partners/fathers, and babies from birth to 18 months of age
- Delivers one-on-one and group classes and training in healthy pregnancy, parenting, women's health, overall health and wellness, substance use, and other topics
- Provides case management for insurance navigation, medical home navigation, clinical care navigation, home visits, and screenings
- Connects program participants to medical care including primary care, prenatal care, family planning, obstetrics, high-risk obstetrics (maternal-fetal medicine), and mental health care
- Programs can be delivered in-person or via phone



We Provide

1. Help navigating healthcare during and after pregnancy
2. Home visits and regular telephone check-ins
3. In-depth training before, during, and after pregnancy on topics such as breastfeeding, safe sleep, mental health, and SIDS
4. Assistance with financial planning, educational support, and job placement
5. Parenting classes and overall parenting support for mothers and fathers
6. Connections to other resources available in the community

All Services are Free

To Learn More or to Join the Program

Contact Donna Brown at: Brown_DK@Mercer.edu or (478) 973-1134

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