

# Nurse Family Partnership

## Family Support Program at Project Self-Sufficiency



I didn't think I would be able to have children, so just getting pregnant was a surprise. I'm 28 weeks pregnant now and I'm feeling great. I am looking forward to everything. I like watching my fiancé with his nieces and nephews, and I can't wait to see him interact with our daughter. We are starting to decorate the nursery now.

I work as a Behavioral Health Tech at a group home affiliated with a drug and alcohol rehabilitation center. Normally, we drive the clients to meetings or appointments during the day, and then when they return to the house, the Tech is there with them. Because of the pandemic, we are doing meetings on Zoom, going on hikes, playing volleyball, and trying to keep them busy. I have been pretty lucky. We had a case of COVID at work, so I stopped working for a week. I got tested and went back to work. I want to get certified as a Peer Recovery Specialist. I am doing the online classes now and I am going to apply for a scholarship. The course is 5 – 6 days online, and then you need 500 hours working in a treatment center, which I already have.

I'm super excited to become a mother. I'm scared about giving birth but I want to try to do it naturally. I feel pretty good about it, but there's a lot I need to learn on the way. I'm always reading and looking stuff up. Thanks to the Nurse Family Partnership, I feel like I've been educated and I have learned about resources I didn't even know existed. My nurse has been great. She has sent me all kinds of information about different subjects, like labor and delivery, along with a growth chart for the baby. We have been doing Zoom meetings and talking on the phone. Knowing she is there is reassuring. I wish we could meet in person – I can't wait. She's really awesome.



**Free, Personal Nurse ♦ Prenatal Care ♦ Healthcare Advice ♦ Breastfeeding Support ♦ Parenting Tips**

**To enroll, or to find out more about the Nurse Family Partnership program at Project Self-Sufficiency, call 973-940-3500 or visit [www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org).**