

# Nurse Family Partnership

## Home Visitation Program at Project Self-Sufficiency

Free Personal Nurse—Prenatal Care—Healthcare Advice—Breastfeeding Support—Parenting Tips

Before I enrolled in the Nurse Family Partnership program at Project Self-Sufficiency, I was feeling anxious and worried about what was going to happen and how I was going to handle it all. I had just relocated to New Jersey and being a single mom, I tried to utilize any resources and support that were available to me. I had no partner to be there with me, so it was definitely nerve-wracking.

My nurse was really great. She was always very easy to talk to, really friendly and great with my son. It was nice to be able to talk to somebody who was outside of my circle of friends or family. I felt really comfortable talking with her. She brought me information she thought I would need during my pregnancy and throughout Miles' first two years of life. We discussed what to expect at each stage of the pregnancy and she made sure that he was on track with all of his developmental milestones.

The hardest part about being a new mother is finding your own identity. It's a difficult adjustment. Initially, I was consumed with being a new mother and I had a hard time finding myself.

Now I'm in grad school. I am studying to become a clinical mental health counselor and I want to focus on maternal mental health and perinatal mood disorders. I feel that I was meant to do this. I had my own struggles with identity, feelings and mood swings, and I want to educate other new moms that they are not alone and that these things are normal.

Thanks to the Nurse Family Partnership, I feel like I was better prepared than most new mothers. I am glad that I had the extra support and guidance to get me to a much healthier place.



**Adrienne & Miles**



**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).**