

Nurse Family Partnership



Free Personal
Nurse

Prenatal Care

Healthcare
Advice

Breastfeeding
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Parenting Tips

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I found out about the Nurse Family Partnership program from a family friend. I was 24 and pregnant. I was still smoking when I started the visits with my nurse. She encouraged me to make stopping smoking one of my goals; after discussing it with her, I quit smoking for good.

My nurse is amazing. I was terrified about childbirth, but she prepared me and brought me so much information. We went over everything two times, so it would sink in.

I get to ask my nurse a million questions, and my favorite thing is at the end of our meetings, she always asks me what I would like to talk about next time. I am looking forward to learning about safety and places where I can get CPR certified.

I am a waitress and I worked up until 2 weeks before the birth of my son. I am already back at work part-time. My boyfriend, the baby and I live in an efficiency apartment across the street from the restaurant where I work. In a few months, we will be moving into a bigger apartment. It's one of my goals.

I want to save money so I can pay off some fines and get my driver's license. I haven't driven a car in more than 5 years. I am looking forward to taking a trip, just me and my family.

This program is full of opportunities and incentives. You have to put in the work, and it's not always easy. If you can get rid of all the negative stuff and focus on yourself and your baby, you will be happier. The nurse is there for support and help throughout the way. I feel really good when I can let her know that I accomplished one of my goals for the month. The expression on her face makes me feel awesome.

I can't thank you guys enough. The Nurse Family Partnership program at Project Self-Sufficiency is so rewarding. I can't believe you help out so many mothers. You are very patient!



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