

Care Coordination Team

- **Prenatal Care Coordination:** Assist with appointments and screenings.
- **Postpartum Support:** Offer care after childbirth.
- **Maternal Health Education:** Provide information on pregnancy and self-care.
- **Infant Care Guidance:** Educate on breastfeeding, sleep, and development.
- **Healthcare Referrals:** Connect to doctors and specialists.
- **Mental Health Support:** Offer resources for stress and postpartum depression.
- **Substance Abuse Assistance:** Provide counseling referrals.
- **Resource Linkages:** Connect to housing, food, and transportation support.
- **Nutritional Support:** Assist with WIC and nutrition education.
- **Child Development Monitoring:** Track infant and child milestones.
- **Health Insurance Navigation:** Help apply for Medicaid and other coverage.
- **Domestic Violence Support:** Offer resources and referrals.
- **Cultural & Language Support:** Provide translation and culturally relevant services.

Contact us

Dallas County Health and Human Services

2377 N. Stemmons Freeway
Suite #522, Dallas, TX 75207

Telephone:

972-804-2306

E-mail:

DCHHSMaternalHealth@dallascounty.org

Hours:

8:00 a.m. - 5:00 p.m., Monday through Friday

If you are interested in scheduling an educational class or want to refer someone to our program, please contact the Healthy Start Program Manager at: Leidy.arredondo@dallascounty.org

Dallas County Healthy Start Program



About us



The purpose of the Dallas County Healthy Start Program is to improve the health and well-being of women, infants, and families in Dallas County by providing comprehensive prenatal, maternal, and infant care.

Serving families in 75149, 75217, 75149, 75150, 75211, 75227, 75248, 75210, 75212, 75060, 75235, 75180, 75234, 75001, 75244, 75244, 75254, and 75201 zip codes.

Educational Topics

- Car Seat Safety and Education
- Infant Safe Sleep
- Chronic Disease Management- High Blood Pressure and Diabetes
- Cooking Well with Diabetes
- Cooking Matters
- Preventative Care Services
- Teen/ Parent Choice
- Breastfeeding
- Behavioral and Mental Health
- Sexual Health and STIs
- Birth Control Options

Eligible participants will receive \$25 gift cards, diapers, and/or car seats. Scan the QR Code below to register!



Benefits

- **Improving Maternal Health:** Preventing complications during pregnancy and childbirth.
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- **Promoting Healthy Birth Outcomes:** Reducing preterm birth and low birth weight.
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- **Strengthening Families:** Providing resources for mothers and children to thrive.
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- **Fostering Lifelong Health:** Providing early care that supports long-term well-being.
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- **Reducing Health Disparities:** Improving access for underserved communities.
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- **Supporting Child Development:** Ensuring healthy growth and development.
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- **Promoting Family Education:** Empowering families to make informed health choices.