



DCHHS
Dallas County Health and Human Services
Healthy People Healthy Communities
Health and Social Equity



Dallas County Healthy Start Program

Are you expecting a baby? Join our FREE program designed to support you and your family during this special time. Learn essential skills for a healthy pregnancy and beyond. Available to women of reproductive age, expectant mothers, expectant fathers, and new parents and guardians.

Our Classes:

- ✓ Birth Control Options
- ✓ Car Seat Safety and Education
- ✓ Cooking Healthy and Affordable Meals
- ✓ Labor and Delivery
- ✓ Managing Diabetes and Hypertension
- ✓ Nutrition Education for Diabetic Moms
- ✓ Preventative Care
- ✓ Quit Smoking for a Healthier Baby
- ✓ Safe Sleep for Infants

Giveaways include \$25 gift cards, diapers, or car seats while supplies last



Sign up here



DCHHSMaternalHealth@dallascounty.org