



**Women, Infants and Children (WIC)
Supplemental Nutrition Program
(650) 573-2168
Breastfeeding Support (800) 205-0333**

Nutrition and breastfeeding education and vouchers for nutritious foods for low income pregnant women, new mothers and their children birth-5 years. Services include:

- Information about nutrition and health to help families eat well
- Support and information about breastfeeding
- Help in finding health care and other community services



**California Children Services (CCS)
(650) 616-2500**

Help for children up to age 21 who have long-term illnesses and/or disabilities. Services include:

- Referral to doctors and specialists
- Case management services provided by Public Health Nurses
- Help with paying for medical care for children who qualify
- Occupational and physical therapy for children who have certain disabilities



**Chronic Disease and Injury Prevention (CDIP)
(888) 840-0889**

Programs to prevent and control the impact of chronic diseases in San Mateo County. Programs focus on community education, coalition building, policy and addressing health inequities. Services include:

- Tobacco prevention and help quitting smoking
- Promotion of healthy eating and physical activity
- Free or low cost physical activities across the county
- Community-focused health equity efforts



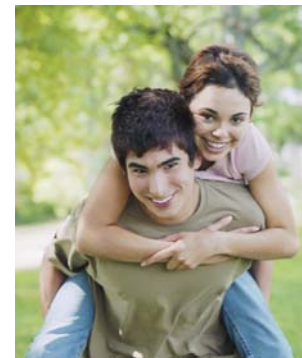
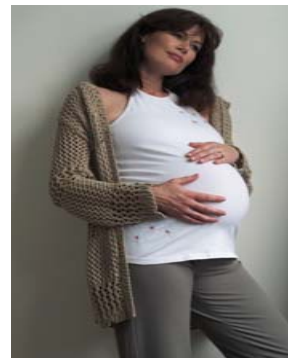
FAMILY HEALTH SERVICES



Programs for Infants, Children, Teens and Adults

*To help families achieve health and well-being
and together build supportive communities.*

**Resource Line: 1-888-840-0889
www.smchealth.org**





Adolescent Family Life Program (AFLP) **(650) 573-2501**

Comprehensive case management and home visiting services for pregnant and parenting teens. Services include:

- Help with making medical appointments and accessing resources
- Information about nutrition, immunizations, breastfeeding, child development and parenting
- Support to finish high school



Field Nursing **(650) 573-2501**

Comprehensive case management, home visits and support services to individuals and families of all ages. Services include:

- Help identifying individual and family needs
- Referral to community resources
- Education about specific health issues



Nurse-Family Partnership (NFP) **(650) 573-2501**

Home visits from Public Health Nurses for first-time teenage moms and their babies. Teens in their first and second trimester are eligible to enroll and home visits are provided throughout pregnancy until the child is 2 years old. Services include:

- Care and support around healthy pregnancy, childbirth and child development
- Help for young women to develop a vision for their own future, reach school goals and find work
- Assistance for teen parents in providing responsible care for their baby



Prenatal to Three (Pre-3) **(650) 573-2502**

A home visiting program offering case management services to Medi-Cal clients who are either pregnant or have children up to age 5. Services include:

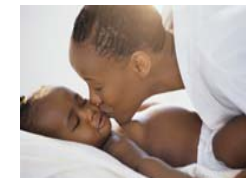
- Health and developmental screenings and linkages to resources and services
- Referrals to recovery programs related to drugs and alcohol
- Nutrition counseling, parenting classes and drop-in support groups for parents



Child Health Services (CHS) **(650) 573-2877**

Programs to ensure quality care for low-income children. Services include:

- Child Health and Disability Prevention Program (CHDP) referral for free health check-ups, dental care and nutrition programs
- Lead poisoning prevention activities and lead testing
- Immunizations for children and adults
- Home visits for children with asthma



Prenatal Advantage/Black Infant Health Program (BIH) **(650) 363-7850**

Offers informative and culturally relevant services for African American women who are pregnant or parenting a newborn. Services include:

- Prenatal and Postpartum Groups with incentives
- Assistance with health and social service referrals
- Public Health Nurse support and information about pregnancy and infant care