

Kansas City Healthy Start  
 Administrative Office  
 (816) 283-6242 phone  
 (816) 283-0307 fax  
 Email: info@mchc.net  
 Website: www.mchc.net  
 Follow us on Twitter:  
 www.Twitter.com/mchc\_dot\_net



Kansas City Healthy Start  
 is a project of  
**Mother & Child Health Coalition**  
 and is designed to reduce infant  
 mortality and improve the health and well-being  
 of women of childbearing age, infants  
 and families in our community.  
**Funded by Project H49 MC01449**  
 from the federal Maternal and Child Health Bureau  
 (Title V, Social Security Act),  
 Health Resources and Services  
 Administration, Department of Health  
 and Human Services.



Mother & Child Health Coalition is a  
 United Way agency.



**FREE** Open to all  
 metro KC families  
**Kansas City  
 Healthy Start**

**One-Day  
 CHILDBIRTH CLASS**  
 Held Every 3rd Tuesday

**FREE DIAPERS!**  
 10 a.m. to 4 p.m.  
**LUNCH provided!**

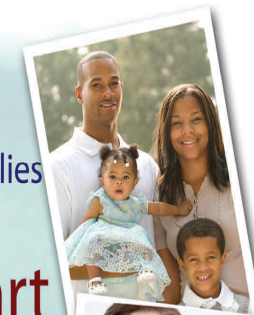
**Grace & Holy Trinity  
 Cathedral  
 FOUNDERS HALL**

**415 West 13th Street  
 Kansas City, Missouri**

**Pre-registration  
 REQUIRED:**

By phone: (816) 283-MCHC (6242)  
 By email: info@mchc.net

Follow us on Twitter: @mchc\_dot\_net



Are you pregnant  
 or do you have  
 a baby?

Kansas City  
 Healthy Start  
 will connect you  
 to the people,  
 programs  
 and information  
 you need  
 to have a  
 healthy child.





*"So, why should I use  
Kansas City Healthy Start?"*

We will give you all kinds of resources that will help you to have a healthy baby.

**IT DOESN'T COST YOU A CENT.**

We're here to help you.

**WE CAN:**

- Arrange for support people to visit you at home;
- Give you parenting education;
- Share WIC (Women, Infants and Children) voucher information;
- Refer you to job training programs;
- Help you find child-care options;
- And much more!

*"What will you do for me?"*

**WE WILL:**

- Show you how to have a healthy pregnancy.
- Give you training and education to help you take care of your baby.
- Connect you to nutrition, parenting and family-planning experts, and other healthcare professionals.
- Direct you to an immunization location for you and your baby.
- Refer you to programs that can help you kick smoking, drinking and other habits that can affect your baby.
- Help you stay mentally healthy for your baby and for you!

**Make that call —  
we're here for you!**



**IT'S EASY AND IT'S FREE!**

Healthy Start serves those living in these ZIP codes:

**Jackson County, MO**

64106, 64108, 64109, 64110, 64124,  
64126, 64127, 64128, 64130

**Wyandotte County, KS**

66101, 66102, 66103, 66104, 66105, 66106

Call the location nearest to you:

**JACKSON COUNTY, MO**

Children's Mercy Hospitals & Clinics

2401 Gillham Road

Kansas City, MO 64108

English-speaking team:

(816) 960-8420

Spanish-speaking team:

(816) 960-8420

Truman Medical Center

2301 Holmes, 3rd Floor

Kansas City, MO 64108

(816) 404-3215

**WYANDOTTE COUNTY, KS**  
Project EAGLE

444 Minnesota Ave. Ste. 100

Kansas City, KS 66101

(913) 281-2648