

"We carry our ancestor's wisdom and our future generation's hopes."

Pregnancy and parenting can be the most beautiful experiences life can offer. They can also sometimes be stressful and isolating.

Welcome Baby: Pathways to Resilience is a program designed to wrap services around you and ensure you are not alone.

"To help children, we must start with helping parents and caregivers."

This program is a joint effort to improve the perinatal experience of parents and caregivers in Humboldt County and the surrounding territories by:

- providing an early intervention program,
- reinforcing a No Wrong Door approach to accessing perinatal care,
- and encouraging and facilitating multi-agency care coordination.

Welcome Baby is made possible by the dedication of the following organizations:

California Office of Child Abuse Prevention
County of Humboldt Public Health Nursing
K'ima:w Medical Center
First 5 Humboldt
Open Door Community Health Centers
Redwoods Rural Health Center, Inc.
United Indian Health Services, Inc.



What is Welcome Baby?

If you choose to participate in the Welcome Baby program, you will receive postpartum services directly in your home or another safe location, including:

A Registered Nurse visit soon after your baby is born,

An individual care plan,

Connection to community resources,

Client support items like a onesie, baby books, and booklets on infant care,

Up to two follow-up visits from our Navigators to help you meet your goals,

A referral to Pathways services as needed.



**"Just like the redwood,
you can persevere and thrive even
in the face of difficult circumstances."**

Do you want to know more? Get Information Today!

If you are interested in enrolling in Welcome Baby or working with a Pathways to Resilience Navigator*, contact First 5 Humboldt or any of our partner agencies today and they can help you get connected.

You can reach First 5 Humboldt at welcomebaby@co.humboldt.ca.us or call us at 707-445-7389.

OR

You don't have to wait!
You can also complete a self-referral form by scanning the QR code below.

SCAN HERE



<https://tinyurl.com/F5HWRRef>

**Navigators are also called Community Health Workers (CHWs) or Community Health Representatives (CHRs).*

What is Pathways to Resilience?

In addition to the services offered with Welcome Baby, Pathways to Resilience participants receive wraparound case management services for up to 18 months, including:

Monthly visits with your Navigator,

Parenting supports,

Help with transportation to/from appointments,

Care coordination that helps you address any unmet medical or mental health needs,

Connection to resources within the community you may be in need of

Additional client support items like diapers, and childproofing supplies.

Your Navigator serves as a trusted advocate for you and your family and can help connect you to services that can help you and your family reach goals and find peace.