Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost **help starts here:**Just go online to https://www.findhelp.org/ to search for programs that serve your area.

## Pregnancy and Newborn Support Program by: Thom Child and Family Services

**About:** Thom Pregnancy and Newborn Support Program provides home visits that focus on helping pregnant women access prenatal care and engage in healthy behaviors. Thom Pregnancy and Newborn Support Programs help new parents to do what's best for their babies' optimal growth and development through the first year.

**Eligibility:** This program serves mothers who are less than 20 years old and has 2 children (including current pregnancy) OR less than 22 years old and has 3 children (including current pregnancy) OR The mother is homeless or housing is unstable OR There is violence in the home OR There was a previous poor birth outcome including premature birth OR There has been inadequate prenatal care OR There is a history of maternal depression OR There is a ...

| Nearest location: 1.06 miles away. | Hours:     |                     |
|------------------------------------|------------|---------------------|
| Thom Anne Sullivan Center          | Monday:    | 08:00 AM - 04:00 PM |
| 126 Phoenix Avenue                 | Tuesday:   | 08:00 AM - 04:00 PM |
| Lowell, MA 01852                   | Wednesday: | 08:00 AM - 04:00 PM |
| <b>└</b> 978-453-8331              | Thursday:  | 08:00 AM - 04:00 PM |
|                                    | Friday:    | 08:00 AM - 04:00 PM |

## Welcome Family by: Thom Child and Family Services

Next Steps: Call 978-453-8331 ext. 1102 to get more info. 🖈 Email Ibrainerd@thomchild.org to get more info.

**About:** Welcome Family is a free program available to mothers of newborns. This program provides a one-time visit from a nurse who is experienced in supporting moms and newborns.

Eligibility: Must be a resident of Lowell OR Must have given birth at Lowell General Hospital. This program mothers and their newborns.

| Nearest location: 1.06 miles away. | Hours:     |                     |
|------------------------------------|------------|---------------------|
| Thom Anne Sullivan Center          | Monday:    | 08:00 AM - 04:00 PM |
| 126 Phoenix Avenue                 | Tuesday:   | 08:00 AM - 04:00 PM |
| Lowell, MA 01852                   | Wednesday: | 08:00 AM - 04:00 PM |
| <b>4</b> 978-453-8331              | Thursday:  | 08:00 AM - 04:00 PM |
|                                    | Friday:    | 08:00 AM - 04:00 PM |

## Women, Infants and Children Program (WIC) by: Community Teamwork, Inc. (CTI)

Apply on their website, https://www.mass.gov/orgs/women-infants-children-nutrition-program.

**About:** The WIC program is a federally-funded health and nutrition program for women, infants, and children. WIC helps families by providing nutrition education, issuing checks for healthy supplemental foods, and making referrals to healthcare and other community services.

**Eligibility:** This program helps people with income at or below 185% of federal poverty guidelines. This program serves pregnant, postpartum and breastfeeding women, or caretakers of an infant, and/or children up to the age of 5

| Nearest location: 1.06 miles away.     | Hours:    |                     |  |
|--|-----------|---------------------|--|
| Head Start                             | Tuesday:  | 09:00 AM - 05:00 PM |  |
| 126 Phoenix Avenue<br>Lowell, MA 01852 | Thursday: | 09:00 AM - 05:00 PM |  |
| <b>\</b> 978-654-7199                  |           |                     |  |

## **OB/GYN and Family Planning** by: Lowell Community Health Center

**About:** OB/Family Planning at Lowell Community Health Center offers full services of Prenatal/Postpartum and GYN care. OB/Family Planning offers a variety of providers including: Obstetricians, Family Nurse Practitioners and Certified Nurse Midwife for patient care during pregnancy. Certified Nurse Midwives provide care that focuses on the specific needs of women. They are highly educated independent professionals who also work in collaboration ...

| Nearest location: 1.21 miles away. | Hours:     |                     |
|------------------------------------|------------|---------------------|
| Lowell Community Health Center     | Monday:    | 08:30 AM - 05:00 PM |
| 161 Jackson Street                 | Tuesday:   | 08:30 AM - 06:00 PM |
| Lowell, MA 01852                   | Wednesday: | 08:30 AM - 08:00 PM |
| <b>\$</b> 978-937-9700             | Thursday:  | 08:30 AM - 08:00 PM |
|                                    | Friday:    | 08:30 AM - 05:00 PM |