

For More Information

Call 315-732-4657
or toll free 1-877-267-6193



Mohawk Valley Perinatal Network, Inc.
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315-732-4657 or toll free 1-877-267-6193
info@newfamily.org
www.newfamily.org



Visit us on Facebook!
www.facebook.com/newfamily.org

The mission of the Mohawk Valley Perinatal Network is to improve birth outcomes and maternal, child and family health facilitate collaboration among providers and community organizations and advocate for change.

Funded by the New York State Department of Health,
Division of Family Health.

Pregnant? Parenting?
We Can Help!



Community Baby Showers

A community event for pregnant and new parents that provides information on topics such as health and nutrition, breastfeeding, safe sleep for babies and dental health. Enjoy free refreshments and gifts.

Boot Camp for New Dads

A three hour workshop where practiced dads give new dads and soon-to-be dads first hand information to help men be the best dad they can be! Enjoy free refreshments.

Information and Referral

Staff provides information and can connect you to local programs and services. We can help you find out more about many topics and services from health care during pregnancy, to childbirth, to family health and more.

Healthy Beginnings Newsletter

Get our free newsletter by mail or email. Healthy Beginnings is published every three months and includes information about health for pregnant and parenting families, health insurance, and upcoming local events. Call to be added to the mailing list.

Resource Lending Library

We provide many resources including books and DVDs that cover different topics on pregnancy, parenting, breastfeeding and more. You can borrow these items for free.

Breastfeeding Space for New Mothers

Use our hospital-grade breast pump and store your breast milk for free when returning to work or school in the Utica area. Call us to see if you qualify for a free pumping kit.

Health Insurance

We will help you learn about and apply for health insurance for you and your family. Staff can help you apply for Medicaid, Family Health Plus and Child Health Plus. A Community Health Advocate is available to help with any other health insurance needs. Appointments are available across Herkimer, Madison and Oneida counties.

Also, staff can help you access Medicaid Prenatal Services or the MOMS program for health care during pregnancy, delivery, and healthcare for the baby for the first year. You may qualify even if you already have insurance.

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