

PREGNANCY AND FAMILIES WITH YOUNG CHILDREN (BIRTH TO 5) RESOURCES IN FORSYTH COUNTY

PREGNANCY RESOURCES

PREGNANCY TESTING Please call for appointments	
Birthright of Winston-Salem FREE	336-774-0456
Family Planning Clinic – Forsyth County Department of Public Health**	336-703-3100
Planned Parenthood/Winston-Salem Health Center**	336-768-2980
Salem Pregnancy Care Center FREE	336-760-3680
Today’s Woman OB/GYN (Monday’s only)	336-722-1818

****Places that offer reduced rates.**

FAMILY PLANNING/BIRTH CONTROL

Family Planning Clinic - Forsyth County Department of Public Health	336-703-3100
NC Emergency Contraception Hotline	866-942-7762
Planned Parenthood/Winston-Salem Health Center	336-768-2980

Also available at all of the listed Prenatal Care Providers.

PRENATAL CARE PROVIDERS (OB/GYN)

Ardmore Family Practice Comprehensive Family and Maternity Care	336-659-0076
Center for Women’s Health	336-992-5120
Downtown Health Plaza (reduced fees)	336-713-9800
Hawthorne OB/GYN Associates, PA	336-768-3632
High Point OB/GYN	336-802-2120
Lyndhurst Gynecologic Associates, PA	336-765-9350
<ul style="list-style-type: none"> • Winston-Salem office • Kernersville office • Mt. Airy office 	336-993-4532 336-789-9076
Pinewest OB/GYN, Inc.	336-885-0149
Southside United Health & Wellness Center	336-293-8728
Today’s Woman OB/GYN	336-722-1818
Triad Women’s Center (High Point)	336-841-6574
Triad OB/GYN (Dr. Lewis Lipscomb)	
Dr. Thomas Valaoras & Dr. Andrew Lewis	336-659-4777
Wake Forest Baptist Health- Family Practice	336-716-4479
Wake Forest University - OB/GYN Comprehensive Fetal Care Center	336-716-4039
Dr. Jonathan Weston	336-725-8874
Winston-Salem Womancare, PA (Accepts Medicaid for established patients)	336-765-5470
Women’s Center of Lexington	336-243-2431

All providers accept Medicaid

CHILDBIRTH EDUCATION CLASSES

Forsyth County Department of Public Health - Lamazé classes	336-703-3206
Forsyth Health Connection Birth and Beginnings, Infant CPR classes, Maternity Tours, Sibling classes, etc.	336-718-7000
Today’s Woman Health and Wellness Center	336-722-1818

For private providers, check the telephone directory or your prenatal care provider.

DOULAS – BIRTH AND POSTPARTUM

CAPPA – Childbirth and Postpartum Professional Association www.cappa.net	888-692-2772
DONA – Doulas of North America www.dona.org	888- 788-3662
PADA – Piedmont Area Doula Association www.padanc.org	336-397-1008 866-469-0313

PRENATAL/PARENTING CLASSES

Forsyth Hope Connections Breastfeeding classes, Infant massage, Prenatal yoga, Postnatal yoga	336-718-7000
HOPE Classes – Salem Pregnancy Care	336-760-3680
Imprints	336-713-9732
Prenatal Parenting Classes – Family and Community Health Education and Outreach, Forsyth County Department of Public Health.	336-703-3206
The Parent Review - A weekly online newsletter for expectant families up to age 3 www.forsythmedicalcenter.org	Click on “services” and “women’s services”
Today’s Woman Health and Wellness Center	336-722-1818
Welcome Baby	336-725-2229

INFERTILITY

Chapel Hill Tubal Reversal Center	919-968-4656
Wake Forest University School of Medicine	336-716-6476

ADOPTION OPTIONS

Birthright of Winston-Salem	336-774-0456
Catholic Social Services	336-727-0705
Children’s Home Society – 24 hour counseling line	800-632-1400
Family Services	336-722-8173
Forsyth County Department of Social Services	336-703-3656
Salem Pregnancy Care Center	336-760-3680

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PREGNANCY TERMINATION OPTIONS

Planned Parenthood	336-768-2980
A Woman's Choice of North Carolina	336-632-9999

PREGNANT TEENS SUPPORT

Forsyth County Department of Public Health – Healthy Beginnings	336-703-3183
Forsyth County Department of Public Health – Nurse Family Partnership	336-703-3185
Forsyth County Department of Public Health — Pregnancy Care Management	336-703-3200
Hand to Hand – Catholic Social Services	336-725-4263
Imprints	336-713-9732
School Social Worker for teen parents and their babies – Winston-Salem/Forsyth County Schools	336-414-0875 336-345-8693 (bilingual line)
Teen Hope Classes – Salem Pregnancy Care	336-760-3680

HOUSING FOR PREGNANT WOMEN

Family Services	336-722-8173
Florence Crittenton Services	800-448-0024
Room at the Inn	336-996-3788
Department of Social Services - State Maternity Fund Placement	336-703-3385

SMOKING CESSATION RESOURCES

Forsyth County Department of Public Health – Classes for pregnant women	336-703-3194
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The **Pregnancy Care Management** program at the Forsyth County Department of Public Health provides care management services for high risk women during pregnancy and for two months after delivery by a social worker or nurse.

What will a Pregnancy Care Manager do for you?

- Help you identify your needs and make a plan to address them.
- Work closely with you and your doctor to understand your needs.
- Help arrange transportation to medical appointments, if needed.
- Help you manage any medicines that you might have.
- Work hand in hand with you to help you have a healthy baby.

For additional information, please call **336-703-3200**.

Text **BABY** to 511411

Sign up and get free messages each week on your cell phone to help you through your pregnancy and baby's first year of life!

Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition.

TEXT MESSAGES ARE FREE!

www.text4baby.org

PREVENT PRETERM LABOR!

Preterm or premature labor happens when a woman goes into labor before 37 weeks. (3 weeks prior to their due date) This is too early for a baby to be born. Babies born too soon can have lifelong or life-threatening health problems.

KNOW THE WARNING SIGNS OF PRETERM LABOR

Contractions (abdomen tightens like a fist) every 10 minutes or more often.

Changes in vaginal discharge (leaking fluid or bleeding from vagina).

Pelvic pressure – the feeling that baby is pushing down.

Low, dull backache.

Cramps that feel like your period.

Abdominal cramps with or without diarrhea.

WHAT YOU SHOULD DO IF YOU THINK YOU ARE HAVING PRETERM LABOR

Call health care provider (nurse, doctor or midwife) or go to the hospital right away if you think you are having preterm labor.

Call even if you have only one sign.

YOUR HEALTH CARE PROVIDER MAY TELL YOU TO:

Come into the office or go to the hospital for a checkup.

Stop what you are doing. Rest on left side for one hour.

Drink 2-3 glasses of water or juice (not coffee or soda).

If the symptoms get worse or do not go away after one hour, call provider again or go to the hospital. If the symptoms get better, relax for the rest of the day.

Source: March of Dimes Foundation

PREGNANCY AND FAMILIES WITH YOUNG CHILDREN (BIRTH TO 5) RESOURCES IN FORSYTH COUNTY

FAMILY RESOURCES

ADVOCACY	
Children's Law Center	336-725-9166
Lawyer Referral Service	800-662-7407
Legal Aid North Carolina	336-725-9162

BREASTFEEDING	
Ameda (breastfeeding equipment rental)	1-855-443-5463
Forsyth Medical Center Nursing Mother's Center and Nursing Matters: Free support group (1 st & 3 rd Thursday, 11:30 am – 12:30 pm)	336-718-5636
Imprints	336-713-9732
La Leche League	877-452-5324
Medela, Inc. (breastfeeding equipment rental referral)	800-TELL-YOU (800-835-5968)
Women, Infants and Children (WIC) - Forsyth County Department of Public Health	336-703-3359

CHILD CARE	
Child Care Aware (www.childcareaware.org)	800-424-2246
Child Care Resource and Referrals Work Family Resource Center (Services in English and Spanish) www.workfamilyresource.org	336-761-5100 800-937-7610
Financial Assistance for Childcare • Department of Social Services • Work Family Resource Center	336-703-3805 336-761-5100
Grow a Child website – link to local resources (www.growachild.org)	
Family Services Child Development	336-727-0617
NC PK	336-714-7520
NC Division of Child Development (http://ncchildcare.dhhs.state.nc.us)	800-859-0829
Smart Start of Forsyth County	336-725-6011
Winston-Salem/Forsyth County Schools Pre-Kindergarten Program	336-771-4731

DOMESTIC VIOLENCE	
Battered Women's Shelter (crisis number 24 hours), Family Services	333-723-8125
24 hour sexual assault crises line	336-722-4457
National Domestic Violence Hotline	800-799-7233
Next Step Ministries (shelter)	336-413-5858
Safe on Seven	336-761-2320
For Emergencies	911

COUNSELING AND CRISES INTERVENTION	
ACCESS – CenterPoint Crisis Line	888-581-9988
Associates in Christian Counseling	336-896-0065
Battered Women's Shelter (crisis number 24 hours)	336-723-8125
CareNet of the Triad	336-716-0822
Catholic Social Services	336-714-3232
CenterPoint Human Services – see web-page for list of providers www.cphs.org	888-581-9988
Child Abuse Crisis Intervention	800-422-4453
Child Protective Services – Forsyth County Department of Social Services	336-703-3500
Exchange/SCAN	336-748-9028
Family Services	336-722-8173
Forsyth Medical Center Balance After Baby - Support Group Balance After Baby - Help Line	336-718-5888 877-395-6667
Insight Human Services	336-725-8389
Postpartum Depression Helpline (national) www.postpartum.net	800-944-4773
Safe Surrender www.safesurrender.net	336-703-3400 or 911
Trinity Center	336-725-3999
Welcome Baby Baby Warmline (24 hour service)	336-725-2229
Community Choices, Inc. Women's and Infants Services for Health (WISH)	336-397-7500
Youth Opportunities	336-724-1412

DENTAL HEALTH	
Smilestarters (ages 1-20) **	336-777-1272
Cleveland Avenue Dental Center**	336-703-3090
FTCC Dental Hygiene Clinic (ages 3 & up, limited services, reduced fees)	336-734-7550
Dr. Perry Jeffries (ages 1-18) **	336-748-0033
Dr. Suzanne Newsome (ages 3 & up) **	336-945-2403
Dr. Yen Nyugen (ages 3 & up) **	336-245-2690
Dr. Mark Oliver (ages 6 & up) **	336-724-5054
Dr. Eric Sadler (adult Medicaid for partials, denture & extractions only) **	336-744-1300
Dr. Bruce Peller and Dr. Paula Henao	336-759-0651
Dr. Sidney Teague II (accepts adult Medicaid for specific services)	336-765-6315
Rescue Mission Dental Clinic 717 Oak Street 2 nd , 4 th Thurs/month, 7-9am	336-723-1848
**Accept Medicaid and Health Choice <i>It is recommended that all pregnant women receive a routine dental checkup during their pregnancy</i>	

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FAMILY HEALTH SERVICES	
Bethany Baptist Church Medical Clinic (2 nd Saturday, 9am-12pm)	336-767-0760
Community Care Center	336-723-6722
Downtown Health Plaza (reduced fees) New extended hours: Monday-Friday: 8am – 8pm Saturday: 9am – 1pm Sunday: 1 pm – 5 pm	336-713-9800
Immunization Clinic and information – Forsyth County Department of Public Health	336-703-3314 336-703-3100
Green Street United Methodist Church Health Clinic (Each Wed., 6:30-7:15pm)	336-722-8379
Med-Aid/Forsyth, Stokes, Davie Co.	336-714-2359
Old Town Family Medicine	336-922-1363
Rescue Mission Medical Clinic 710 North Trade Street, Every Monday and Thursday, 7-9 a.m. (adults only)	336-723-1848
Southside United Health & Wellness Center	336-293-8728
Southside Baptist Church Clinic	336-723-0395
Today's Woman Health and Wellness Center	336-722-1818
Trinity Moravian Church-Sunnyside Clinic (1 st /3 rd Thursday, 5:30-7:30pm)	336-703-3200
<i>Free or at a reduced rate for children</i>	

FATHER SUPPORT	
Fatherhood Advisory Board - Forsyth County Department of Public Health	336-703-3391
Fathers Matter - Welcome Baby	336-725-2229 ext. 116
Healthy Beginnings - Health Department	336-703-3391
Imprints	336-713-9732

FINANCIAL ASSISTANCE	
Catholic Charities	336-727-0705
Child Support Enforcement	336-703-3801
Crisis Control Ministries	336-724-7453
Crisis Intervention Program	336-703-3785
Forsyth County Fire Department (smoke detectors)	336-727-8084
Home Savers USA	800-452-9572
Rescue Mission	336-723-1848
Social Security Administration	1-877-402-0828
Sunnyside Ministry of the Moravian Church	336-724-7558
Triad First in Families	336-757-8721
Ways to Work	336-722-8173
Wee Care Shoppe at Catholic Social Services	336-727-0705 ext. 222

FAMILY SUPPORT AND EDUCATION	
Alpha and Omega Church	336-748-8797
American Academy of Pediatrics (national) www.aap.org	800-433-9016
American Red Cross (Infant/Child CPR classes)	336-724-0511
American Lung Association of North Carolina	800-586-6872
Catholic Charities	336-727-0705
Childhood Lead Poisoning Prevention Program	336-703-3174
Exchange/SCAN - Parent Aide Services	336-748-9028
Experiment in Self-Reliance (ESR)	336-722-9400
Family Services	336-722-8173
Forsyth Medical Center – baby sign language, Infant/Child CPR classes, infant massage classes	336-718-7000
Forsyth Technical Community College	336-723-0371
Goodwill Industries of NWNc	336-724-3621
Healthy Beginnings	336-703-3183
Hand to Hand (for first time teen mothers at Catholic Charities)	336-725-4263 ext. 220 or 223
Healthy Start/Baby Love Plus - Forsyth County Department of Public Health	336-703-3189
Heartstrings Pregnancy and Infant Loss Support	336-335-9931
Homecoming Program - Advance Home Health	336-896-3100
Imprints	336-713-9732 336-722-6296
Incredible Years Parenting Class - Forsyth County Department of Public Health	336-703-3391
Insight Human Services	336-725-8389
Nurse Family Partnership-Health Department	336-703-3185
Twins Club	336-924-0214
Welcome Baby - Home visitation program and the Under Five Support Group	336-725-2229 ext. 125

HEALTH CARE ASSISTANCE	
Health Care ACCESS	336-723-6565
Health Check/Health Choice - Forsyth County Department of Public Health (low cost health insurance for children)	336-703-3223
Medicaid - Forsyth County Department of Social Services	336-703-3803
North Carolina Family Planning Waiver	800-367-2229
Pregnant Women's Medicaid	336-703-3803

HOSPITALS	
Brenner Children's Hospital	336-716-9253
Forsyth Medical Center	336-718-5000
Wake Forest University Baptist Medical Center	336-716-2011
FOR EMERGENCIES	911

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HISPANIC SERVICES	
Casa Guadalupe - Catholic Social Services	336-727-4745
Imprints	336-713-9732
International Center -FTCC	336-631-1325
Hispanic Service - Forsyth County Public Library	336-703-2907
International Corps Community Center (ESL classes)	336-499-1196
NC Family Health Resource Line	800-976-1922
Salvation Army Hispanic Services	336-788-7502

HOUSING	
Experiment in Self Reliance (ESR)	336-722-9400
Family Services Women's Shelter	336-723-8125
Forsyth Housing	336-703-2680
Habitat for Humanity, Inc.	336-765-8854
Housing Authority of Winston-Salem	336-727-8500
Salvation Army Shelter	336-722-9597

INFORMATION AND REFERRAL RESOURCES	
Birth Certificates - Forsyth County Register of Deeds	336-703-2700
Department of Health & Human Services' Care-Line	800-662-7030
First Line of Forsyth County	336-703-3000
Forsyth Family (monthly magazine) www.forsythfamilymagazine.com	888-892-3204
Forsyth Woman (monthly magazine) www.forsythwoman.com	336-749-1947
March of Dimes Birth Defects Foundation	336-723-4386
NC Family Health Resource Line	800-367-2229
Piedmont Parent (monthly magazine) www.piedmontparent.com	336-983-4789
United Way 211 Call 211 or	800-788-7232

NUTRITION	
Expanded Foods Nutrition Education Program (EFNEP) – Cooperative Extension Service	336-703-2850
Food Stamps – Forsyth County Department of Social Services	336-703-3800
Nursing Mothers' Center – Forsyth Medical Center	336-718-5636
Women, Infants and Children (WIC) – Forsyth County Department of Public Health	336-703-3100

PEDIATRIC CARE PROVIDERS	
All accept Medicaid	
Arcadia Family Practice	336-764-2324
Ardmore Family Practice	336-659-0076
Cedar Creek Family Medicine	336-784-0505
Clemmons Family Practice	336-766-6473
Downtown Health Plaza (reduced fees) New extended hours: Monday - Friday: 5:15–7 pm Saturday: 9:15 am - Noon Sunday: 1 – 5 pm	336-713-9800 Please call for an appointment.
Family Medical Associates of Lewisville	336-712-0700
Ford, Simpson, Lively and Rice Peds	336-794-3380
Forsyth Family Practice	336-768-9515
Forsyth Pediatrics – Robinhood Road	336-718-8000
Forsyth Pediatrics – Westgate	336-718-7777
Kernersville Family Practice	336-993-8181
Kernersville Pediatrics	336-996-3001
Kernersville Primary Care	336-993-1618
Maplewood Family Practice	336-718-0800
North Point Medical Associates	336-759-7596
Peace Haven Family Medicine	336-760-5400
Piedmont Triad Family Medicine	336-993-2224
Pine Ridge Family Practice	336-983-3878
Salem Family Practice	336-718-7800
Stallings and Billings Family Practice	336-969-9158
Southside United Health & Wellness Center	336-293-8728
Today's Woman Pediatrics	336-722-1818
Total Family Care of Winston-Salem	336-760-8380
Wake Forest University Family Physicians	336-716-4479
Walkertown Family Practice	336-595-3699
West Forsyth Family Practice	336-766-0547
Westgate Pediatrics	336-774-0710
Winston East Pediatrics	336-713-8860
Winston-Salem Health Care	336-718-1000
Winston-Salem Pediatrics	336-765-9000

SAFETY	
Forsyth County Sheriff	336-727-2112
Kernersville Police Department	336-996-3177
Winston-Salem Police Department	336-773-7700
For Emergencies	911

PREGNANCY AND FAMILIES WITH YOUNG CHILDREN (BIRTH TO 5) RESOURCES IN FORSYTH COUNTY

SMOKING CESSATION RESOURCES	
Forsyth County Department of Public Health – classes for pregnant women	336-703-3206
Fresh Start - American Cancer Society	336-834-0844
North Carolina Quitline - 1-800-QUIT-NOW (free personal coaching until midnight each night)	800-784-8669

SOCIAL SUPPORT	
Battered Women’s Shelter Crisis Line, 24 hour services - Family Services	336-723-8125
CenterPoint Human Services - see webpage for list of providers www.cphs.org	888-581-9988
Family Services	336-722-8173
Forsyth County Department of Public Health - Pregnancy Care Management	336-703-3200
Heartstrings Pregnancy and Infant Loss Support	336-335-9931
Imprints	336-713-9732
Pregnancy Resource and Referral Healthy Start/Baby Love Plus - Forsyth County Department of Public Health	336-703-3189
Welcome Baby	336-725-2229

SPECIAL NEEDS	
ABC of NC Child Development Center	336-251-1180
AIDS Care Service, Inc.	336-722-6909
Amos Cottage Therapeutic Day Program	336-713-7400
Autism Society of North Carolina	800-442-2762
Centerpoint Human Services	336-714-9100
Child Coordination for Children (CC4C) at the Forsyth County Department of Public Health	336-703-3242
Children’s Center for the Physically Disabled	336-727-2440
Children’s Development Service Agency	336-713-7412
Family Support Network	336-924-5301
Family Support Program of Chapel Hill	800-852-0042
Governor Morehead’s Preschool for the Visually Impaired	336-334-3748
Educational Services for the Deaf and Blind	336-273-6462
Elementary Academy	336-748-4133
Piedmont Down Syndrome Support Network	336-480-8871
Ronald McDonald House	336-723-0228
Special Children’s School	336-924-9309
The Special Needs Help Line	800-737-3028

TRANSPORTATION	
Winston-Salem Transit Authority (www.wstransit.com)	336-727-2000

SUBSTANCE ABUSE SUPPORT	
Community Choices, Inc. - Women’s and Infants Services for Health (WISH)	336-397-7500 Option 7
Fetal Alcohol and Drug Program at Wake Forest University Baptist Medical Center	336-716-2011
Insight Human Services	336-725-8389
Service Access Line at CenterPoint	888-581-9988

Preconception

Wellness...



A Couple’s Concern

As couples prepare for pregnancy, it is easy to focus only on the woman’s health. However, becoming healthier and more fit in the preconception period, the time before pregnancy, is not just a concern of the woman, but of the couple.

Here is our *parents-to-be* to do list:

- Get a check up – hypertension, diabetes, obesity, STDs, and everyday stressors may affect sexual health.
- Move more, eat less – exercise and healthy and nutritious eating are good for a host of ailments.
- Stop smoking, drinking alcohol, and using recreational drugs.
- Finally, partners should consider their emotional health; new moms and even dads may suffer some form of postpartum depression.



Forsyth County Healthy Start Baby Love Plus

is committed to the promotion of women, children, and families’ health and meets different segments of the community to provide education and to offer support in accessing local services. Our focus means that community conversations center on health issues and concerns of new mothers, women, children, and families. We offer post-partum follow-up for families for two years.

Visit us on **Facebook** to learn more about the work we do and to join us in discussions on matters related to women’s, children’s and families’ health.

Call 336-703-3189.

PREGNANCY AND FAMILIES WITH YOUNG CHILDREN (BIRTH TO 5) RESOURCES IN FORSYTH COUNTY

THINGS TO DO WITH CHILDREN	
Barnes and Noble Bookstore	336-774-0800
Central YMCA	336-721-2100 x2040
Children's Museum of Winston-Salem	336-723-9111
Children's Theatre of Winston-Salem	336-725-4531
Forsyth County 4-H Clubs	336-703-2850
Forsyth County Public Library - story time	336-703-BOOK
Old Salem Museums and Gardens	336-723-7876
Sciworks	336-767-6730
Tanglewood Park	336-778-6300
Triad Mommies www.triadmommies.com	
Winston-Salem Parks and Recreation - City Links	336-727-2063

REQUIRED IMMUNIZATIONS

Immunization	Age of child
DTaP (Diphtheria, tetanus, pertussis)	2, 4, 6 & 12-18 mos, 4-6 yrs
IPV (Polio)	2, 4 & 6-18 mos, 4-6 yrs
MMR (Measles, mumps, rubella)	12-15 mos, 4-6 yrs
HiB (Haemophilus Influenzae Type B)	2, 4 & 12-15 mos
Hepatitis B	Birth, 1-2 mos, 6-18 mos
Varicella (Chickenpox)	12-18 months, 4-6 years
Prevnar (Pneumococcal Conjugate)	2, 4, 6 & 12-15 months
Rotavirus	2, 4 & 6 mos
Influenza (Flu)	Yearly
Hepatitis A	12-23 mos (2 doses)

Forsyth County Healthy Beginnings Program

Healthy Beginnings is a free case management program focusing on women of childbearing age and their families living in Forsyth County. Healthy Beginnings provides a support system throughout pregnancy and during the first two years of their child's life. Families will receive one-on-one care management to help make the pregnancy and the beginning years with their child a healthy, enjoyable experience. The program hosts monthly education sessions and helps new mothers connect to community resources.

**For more information, please call:
336-703-3183**



Children's Immunization Clinic Hours
Forsyth County Department of Public Health
336-703-3100

Forsyth County Department of Public Health
 Location: 799 N. Highland Avenue, **Clinic 3**
Cost
 State required immunizations are free of charge.

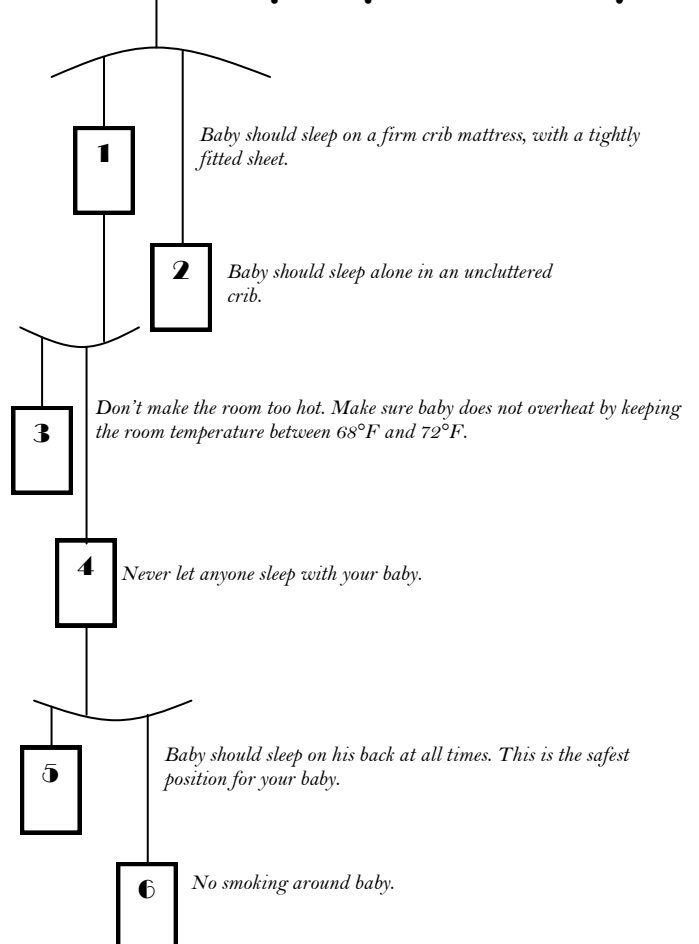
Appointments
 Walk-in basis (first come, first serve).

Clinic Hours
 Monday, Tuesday, Wednesday:
 8:30 am to 3:45 pm
 Thursday: 9:30 am to 6:45 pm
 Friday: 8:30 - 11:45 am

Community Clinics
Trinity Moravian Church
 220 E. Sprague St.
 1st & 3rd Thursday each month...5:30 - 7:30 pm

Bethany Baptist Church
 600 Old Hollow Road
 2nd Saturday each month...9:00 am – 12 Noon

Safe Sleep Tips for Baby



PREGNANCY AND FAMILIES WITH YOUNG CHILDREN (BIRTH TO 5) RESOURCES IN FORSYTH COUNTY

WIC CLINIC

WIC stands for Women, Infants, and Children and is also called the Special Supplemental Nutrition Program for Women, Infants, and Children. The Forsyth County WIC Program is able to serve English and Spanish speaking clients with a bilingual staff.

Who is Eligible

WIC is available to pregnant, breast feeding and postpartum women, infants and children up to age five. You must schedule an appointment to determine your eligibility by calling 336-703-3100. To participate persons must:

- Be a resident of Forsyth County. You must bring an ID, proof of residency and proof of income.
- Have a family income less than 185% of the U.S. Poverty Income Guidelines. For example, to qualify for the program for a family of two the maximum annual gross income is \$25,327 or \$488 a week. A person receiving Medicaid, Work First Families Assistance (TANF), or Food Stamps automatically meets the income eligibility requirement.
- Be at nutritional risk. A nutritionist or other health professional makes the nutritional risk assessment at no cost to the participant, usually at the local WIC office.

WIC Clinic Hours

**Forsyth County Department of Public Health
336-703-3336**

Forsyth County Department of Public Health
Location: 799 N. Highland Avenue
Winston Salem, NC 27101 **Clinic 5**

Appointments

Appointments are required for services and may be made by calling (336)703-3336 or 703-3100

Clinic Hours at the Health Department:

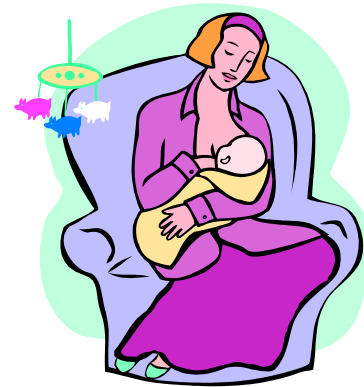
Monday, Tuesday, & Wednesday: 7:45 am – 4:15 pm
Thursday: 7:45 am – 7:30 pm
Friday: 7:45 am – 4:15 pm

501 Cleveland Avenue, Suite B, site:

Monday, Tuesday, Wednesday, & Thursday:
7:45 am – 6:30 pm
Closed Friday

Other sites available please call or check the website.

BREASTFEEDING CLASSES



IF YOU HAVE ANY QUESTIONS ABOUT BREASTFEEDING, CALL THE BREASTFEEDING LINE AT 336-703-3359 or 336-703-3301 FOR SPANISH!

<p><u>Infant Feeding Class I</u></p> <p>Topics include:</p> <ul style="list-style-type: none"> • Benefits of breastfeeding • Myths of breastfeeding 	<p>English</p> <ul style="list-style-type: none"> • Monday at 1:30 pm • Wednesday at 8:30 am • Thursday at 5:30 pm (on the 2nd Thursday of the month only) <p>Spanish</p> <ul style="list-style-type: none"> • Tuesday at 2:00 pm
<p><u>Infant Feeding Class II</u> Latch-On Class</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Proper positioning for latching the baby onto the breast • Different positions while breastfeeding 	<p>English</p> <ul style="list-style-type: none"> • Monday at 2:30 pm • Wednesday 9:30 am • Thursday at 5:30 pm (3rd Thursday of the month only) <p>Spanish</p> <ul style="list-style-type: none"> • Friday at 10:30 am (1st, 3rd, 4th, and 5th Friday of each month) • Thursday at 5:30 pm (1st Thursday of the month only)
<p><u>Infant Feeding Class III</u> Pumping, Storage and Formula</p> <p>Topics include:</p> <p>How to pump milk from the breast when unable to feed</p> <p>Proper storage of breast milk and an introduction to formula</p>	<p>English</p> <ul style="list-style-type: none"> • Monday at 3:30pm (1st and 3rd Monday of the month only) • Wednesday at 10:30am (1st and 3rd Wednesday of the month only) • Thursday at 5:30pm (4th Thursday of the month only) <p>Spanish</p> <ul style="list-style-type: none"> • Information taught with Class II
<p><i>*Limited space available: Class may be scheduled with WIC appointments for WIC clients. Clients who are not eligible for WIC must call Sheila Britt-Smith at (336) 703-3334 to schedule class prior to class times.</i></p>	

PREGNANCY AND FAMILIES WITH YOUNG CHILDREN (BIRTH TO 5) RESOURCES IN FORSYTH COUNTY

Folic acid:

- Taking folic acid may help prevent certain birth defects.
- Folic acid only works if a woman takes it before and during early pregnancy.
- Take a multivitamin each day that has 400 micrograms of folic acid.
- Once you are pregnant, take a prenatal vitamin with at least 600 micrograms of folic acid.

Source: March of Dimes

HIV/STD Counseling and Testing Clinic Hours Forsyth County Department of Public Health 336-703-3100

Location: 799 N. Highland Avenue, **Clinic 2**
Cost

There is no charge for these services.

Appointments

Not required but may be made for HIV testing only.

Call for English: 336-703-3315 for Spanish: 336-703-3091

Clinic Hours

Monday, Tuesday, Wednesday: 8:30 -11:45 am
& 12:45 – 3:45 pm
Thursday: 9:30 -11:45 am
& 12:45 - 6:45 pm
Friday: 8:30 - 11:45 am

Sexually Transmitted Disease Clinic Hours Forsyth County Department of Public Health 336-703-3100

Location: 799 N. Highland Avenue, **Clinic 2**
Cost

There is no charge for these services.

Appointments

Walk-in basis (first come, first serve).

Clinic Hours

Monday, Tuesday, Wednesday: 8:30 -11:45 am
And 12:45 – 3:45 pm
Thursday: 9:30 -11:45 am
And 12:45 - 6:45 pm
Friday: 8:30 - 11:45 am

Family Planning Clinic Hours Forsyth County Department of Public Health

Forsyth County Department of Public Health
Location: 799 N. Highland Avenue, **Clinic 1**

Cost

A sliding fee scale is used for determining charges.

Appointments

Open Access appointments are required for services, call 336-703-3100.

Clinic Hours

Monday and Wednesday: 8:30 – 11:45 am
& 12:45 -3:45 pm
Tuesday: 12:30 -3:45 pm
Thursday: 9:30 – 11:45 am and 12:45 - 6:45 pm
Friday: 8:30 – 11:45 am

Open Access Scheduling allows you to call and come in at times convenient for you.
You call between 8:00-10:00AM Monday-Friday for same day appointment.



Safety Tips!

- Use a rear facing car seat as long as possible, but at least until a child is 2 years of age or reaches the upper weight or height limit.
- Car seat checks are held on the 3rd Thursday of every month at the Downtown Health Plaza from 2:30-4:30pm. No appointment required.
- Keep small electronics or devices that use button batteries out of reach of small children, as this can be very dangerous if a child puts in his or her mouth.
- Enter the National Battery Ingestion Hotline (202-625-3333) into your phone. Call anytime for additional treatment information.
- To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting.
- Program the toll-free number for the Poison Control Center (800-222-1222) into your home and cell phone and post it on your refrigerator.

For more information, please visit
www.buckleupnc.org or www.ncsafekids.org
or call 800-672-4527.

