



## PERINATAL & INFANT COMMUNITY HEALTH COLLABORATIVE (PICHC)



Scan me



### COMMUNITY HEALTH WORKERS HELP WITH:

- Connection to community resources and support (food, clothing, housing, etc.)
- Developing birth and postpartum care plans
- Getting health insurance
- Finding a doctor & transportation
- Family planning services
- Finding parenting information
- Civic engagement


## Be Stress Free


*Together, safely through the journey.*


*The PICHC program can assist you from preconception to postpartum care.*

**Spanish and Haitian Creole speaking  
Community Health Workers are available.**

### *Call for an Appointment:*

 (516) 396-0389

 lifqhcpichc@numc.edu

 [www.harmonyhealthcareli.org](http://www.harmonyhealthcareli.org)