

# Pregnant? Want support?

Sew Up the Safety Net for Women and Children



A FREE program to help  
**Detroit women, babies and families survive and thrive.**

What we do-

- Connect women to health care and other support services
- Provide Free:
  - Mentors and access to counseling support
  - Baby health and care information
  - Free text messages on health and pregnancy
  - In-home support
  - Life skills and stress management tools

To help you take care of yourself and your family.

To find out more call  
call (313) 874-4581

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



# Take Control, Get Connected

Sew Up the Safety Net for Women and Children



A FREE program for women 18-34 years old, to help

**Detroit women and families survive and thrive.**

## What we do-

- Link women to health care and other support services
- Provide Free:
  - Mentoring and access to counseling support
  - Life skills and stress management resources
  - Prizes and incentives

To help you take care of yourself and your family.

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