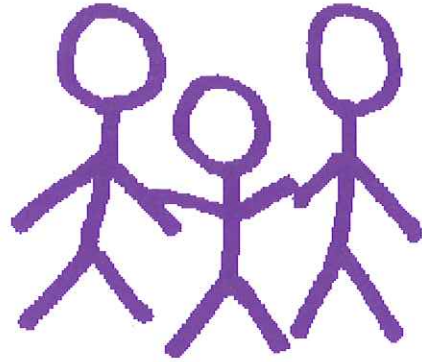


## Dial 2-1-1



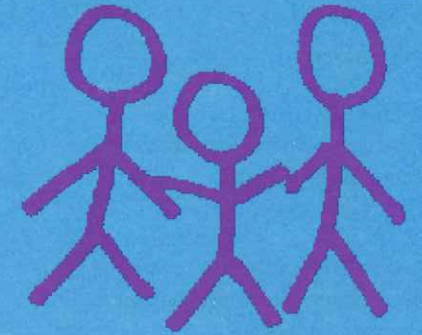
We'll help you find the resources for having healthy kids.

## Dial 2-1-1

Information on health services and other resources for families and children.

Maternal and Child Health - a campaign supported by the Connecticut Department of Public Health.

## Helping Parents Have Healthy Kids



Your first call for help for information and resources for Maternal and Child Health

### A Healthy Pregnancy

Regular prenatal visits  
Good nutrition  
Avoid-

- Drugs
- Alcohol
- Smoking

### A Healthy Baby

Finding a doctor or clinic  
Immunizing baby  
Child day care

### A Healthy Life

Regular medical check-ups  
Shots for school  
Family health care  
Dental clinics

### You may want to know about...

- Child Care
- Counseling
- Drug and Alcohol Programs
- Education Classes
- Emergency Shelter
- Energy Assistance Programs
- Food Pantries
- Job Training
- Parenting Programs
- Protective Services
- Self Help/Support Groups
- Temporary Family Assistance
- WIC Nutrition Programs

There are thousands of programs to help people in Connecticut.

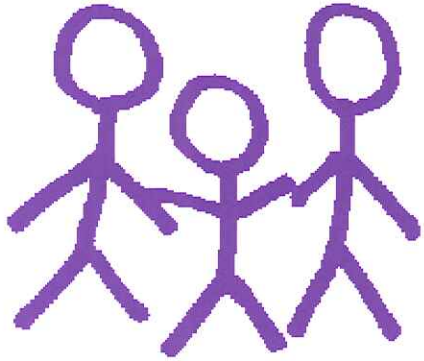
Figuring out which one can best help you can be a challenge. That's why United Way created Infoline.

Infoline makes it easier to find services, to get help, to deal with a crisis.

It's simple, confidential, free.  
It's for everybody!

## Dial 2-1-1

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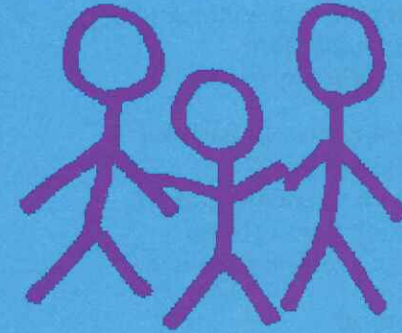
We'll help you find the resources for a child with special needs.

## Dial 2-1-1

Information on health services and other resources for mothers and children.

Maternal and Child Health:  
A campaign supported by the  
Connecticut Department  
of Public Health

## There's Help for a Child with Special Needs



Your first call for help for information and resources for Maternal and Child Health

### Do You Have Concerns About Your Child's Development?

#### Physical

Is late to walk or talk?  
Has problems with learning or communication?  
Has difficulty reading?

#### Emotional or Behavioral

Is hyperactive?  
Has short attention span?  
Finds it hard to focus?  
Has a problem socializing?

#### Medical

Has chronic ailment?  
Requires special services?  
Needs wheelchair or other special equipment?

### You may want to know about...

- Early intervention programs
- Screening and evaluation
- Health care services
- Child day care and respite care
- Education programs
- Advocacy and legal help
- Service coordination
- Financial subsidies
- Special equipment
- Parent-to-parent support
- Other areas of concern

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