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*Being a Parent is a  
Big Job...*



*... because babies don't  
come with directions.*

**If you have questions or need help with...**

- Keeping you and your unborn baby healthy
- Nutrition information
- Parenting education
- Locating community services
- Discussions about your pregnancy
- Going back to school or work

*A Healthy Start  
coordinator meets with  
you at your prenatal  
appointments.*



*We will be  
there for you!*

**We'll help you with...**

- Prenatal care
- Breastfeeding, meal planning and WIC
- Creating a healthy and happy family atmosphere
- Reproductive health care and birth spacing
- Referrals to other agencies
- Immunizations and well child care information
- Setting goals
- Lead counseling
- Smoking cessation

**Join us and receive...**

At times we are able to offer childbirth education classes and educational materials such as children's books and calendars. Ask us about the *Healthy Start* Prenatal and Infant Passports!

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**What's the Catch?**

There is no catch.  
There is no charge for  
Healthy Start Services.  
We just want to give you the  
support you need to have  
a healthy baby and family!  
The program is voluntary  
and you can stop our services  
whenever you want.

“My care coordinator has been so supportive to me in so many ways during and after my pregnancy... She's one in a million to me.”

*A Healthy Start mom in  
a recent participant  
satisfaction survey*

Healthy Start is an outreach program of the Pinellas County Health Department that provides support to the communities of Pinellas County.



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**Office Based Locations**

**All Children's Obstetrics & Gynecology Specialists**  
6450 38th Avenue North  
St. Pete 344-6060 X165

**Bayfront Family Health Center/  
High Risk CMS Clinic**  
700 6th Street South, 2nd Floor  
St. Pete 553-7249

**Clearwater Health Department**  
301 Myrtle Avenue, Clearwater  
469-5800 X212

**Community Health Centers**  
at Pinellas Park                      at JRC  
6237 66th St. North                      1344 22nd St. S.  
Pinellas Park                      St. Petersburg  
209-1058                      821-6701 X1131

**Gulfcoast Institute of OB/GYN**  
6700 Crosswinds Drive North  
St. Pete 344-4651

**Turley Family Health Center**  
807 Myrtle Avenue  
Clearwater 467-2522

**Women's Care Florida/  
Absolute Health & Wellness**  
1600 Dr. M.L.K.Jr.St.N &  
3268 66th St.N., St. Petersburg  
456-0750

**Women's Care Florida/  
Contemporary Women's Care**  
401 Corbet St, #400, Clearwater  
462-2229  
7601 Seminole Blvd, Seminole  
399-9922

Funding is provided by  
The Healthy Start Coalition of Pinellas,  
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**Warning Signs of  
Pre-term (Early) Labor**

- Contractions every 10 minutes or more often
- Period-like cramps
- Dull, lower back pain
- Feeling of pressure in lower back, abdomen or thighs
- Clear, pink or brownish fluid leaking from your vagina
- General feeling that something is not right

If you notice any of these signs,  
***See your medical provider immediately!***

***Home visitation is available for women who need or prefer home visitation.***

A publication of the Pinellas County Health Department, Family Health/Community Health

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# PINELLAS HEALTHY START

## Office-Based Services for Pregnant Women



**A Positive Start  
for You and Your Baby**