

## What is Syracuse Healthy Start?

Syracuse Healthy Start is a program of the Onondaga County Health Department and its community partners.

The goal of the program is to help moms have healthy babies and help families give their babies a healthy start!



## Who can get Syracuse Healthy Start Services?

Syracuse Healthy Start serves pregnant women and families with a baby under the age of two who live in the city of Syracuse.

**Syracuse Healthy Start**  
501 East Fayette Street  
Syracuse, New York 13202  
**(315) 435-2000**

Joanne M. Mahoney  
County Executive



Cynthia B. Morrow, MD, MPH  
Commissioner of Health

[www.ongov.net](http://www.ongov.net)



## Helping Moms and Babies

Sign up today!  
Call 435-2000

[www.onhealthyfamilies.com](http://www.onhealthyfamilies.com)

Funding for Syracuse Healthy Start is provided by  
Health Resources and Services Administration

## What can Syracuse Healthy Start do for me?

Syracuse Healthy Start will help you get the care you and your baby deserve. We will help you:

- ♥ Learn more about how to have a healthy pregnancy
- ♥ Learn how to stop smoking, using alcohol and other drugs
- ♥ Find the healthcare that you need
- ♥ Find dental care
- ♥ Find housing
- ♥ Sign up for WIC
- ♥ Apply for public assistance



## What else can Syracuse Healthy Start do for me?

Syracuse Healthy Start offers classes on topics that will help parents make healthy choices:

- ♥ Pre-Term Labor
- ♥ Quitting Smoking
- ♥ STD/HIV Prevention
- ♥ Drug & Alcohol Abuse
- ♥ Safe Sleeping for Baby
- ♥ Birth Control
- ♥ Spacing Your Children
- ♥ Other classes such as managing finances, nutrition, birth control, stress management, and post-partum depression.

Call 435-2000 for a list of current and upcoming classes.



## How can you help moms and babies in Syracuse?

The Syracuse Healthy Start Consortium needs you! The consortium is a group of Healthy Start parents, professionals, community leaders and other concerned people who work together to guide the programs and services that are offered by Syracuse Healthy Start.

If interested, call 435-2000 or email [consortium@reachcny.org](mailto:consortium@reachcny.org).