



## [Sister Friends Tallahassee - Capital Area Healthy Start Coalition](#)

This group runs the Sister Friends Tallahassee program. It connects pregnant African American women with female community volunteers. The volunteers provide support during pregnancy. The support continues for the baby's first year of life. There is no charge for the program. Please call or visit the [website](#) for more information.

### Service Location

1311 N Paul Russell Rd, Ste A101  
Tallahassee, FL 32301-4855  
United States

850.488.0288

### Provider



### URL

<https://capitalareahealthystart.org/>

This group is called CAHSC for short. It is a nonprofit. The group is a community coalition that works to improve the health of infants and their families. It offers many programs and initiatives.

### Programs & Services:

- Breastfeeding education and support

- Childbirth preparation
- Community Referrals
- General Support
- Help to quit smoking
- New baby care
- Nutrition education
- Parenting education and support
- Pregnancy health education
- Stress management and emotional support

Public Email

info@capitalareahealthystart.org

Address

1311 N Paul Russell Rd Ste A101

Tallahassee, FL 32301

United States

850.488.0288

---

**Source URL:** <https://rightservicefl.org/node/21279>