



## **Connect Program-Capital Area Healthy Start**

Capital Area Healthy Start helps new moms and their families.

### **Services:**

- Pregnancy Education and Support
- Childbirth Education
- Newborn Care Instruction
- Breastfeeding Education and Support
- Parenting Education and Support
- Counseling Services

### **Service Location**

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

850-488-0288

## **Provider**

The Healthy Start program provides services and support needed by pregnant women to have a healthy pregnancy and healthy baby. Every woman who receives a positive pregnancy test from her health care provider is offered a Prenatal Risk Screen. This screen helps us identify any risks that could negatively affect you and the baby. Healthy Start services are no charge to you and include:

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

General support and community referrals

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/21280>