

**Welcome to the Hope House Fresh Start Program!** Registering as a client at the Center tells us that you are interested in preparing for a healthy pregnancy and good start with motherhood; this automatically enrolls you in Fresh Start.

The Fresh Start Program consists of several components:

**1. First Response Prenatal Objectives:**  
If you are pregnant, we want to be sure that you are getting the prenatal care you need and that you are doing everything you can to promote a healthy pregnancy and delivery.

**2. Basic Motherhood Objectives:**  
If you have already had your baby, we want to support and encourage you to be the best mother you can be. We want to be sure you are making healthy choices for yourself and your baby.

**3. Hope House Classes:**  
Each month you will receive a notice of upcoming classes that are designed to support you in a healthy pregnancy and with parenting. You are invited to attend as many classes as you like.

**4. Progress Points Program:**  
This is how you can earn the maternity and baby items you need. The Progress Points Sheet lists all the ways you earn points for doing the things that lead to a healthy lifestyle.

**Note:** You must attend at least one Hope House class per month to be “active” in the points program and to be able to redeem your points for maternity and baby items.

For participants who are still expecting:

### **First Response Prenatal Program**

**OBJECTIVES:** We would like for you to...

- Verify your pregnancy
- Let us know your due date
- Apply for medical insurance
- Visit an OB/GYN
- Sign up for WIC
- Learn about the HUGS program
- Take your pre-natal vitamin
- Live in a safe environment
- Learn about community resources
- Register at a Hospital
- Select a pediatrician
- Attend First Response Prenatal classes

Examples of classes offered at the Hope House Center as part of the Prenatal Course Curriculum are:

- Healthy Pregnancy
- Childbirth Overview
- Bringing Home a Newborn
- Feeding Choices
- Healthy Relationships

First Response participants are encouraged to continue with the Fresh Start Program and attend Basic Motherhood classes, as well.

For participants who have already had their baby:

### **Basic Motherhood Program**

**OBJECTIVES:** We would like for you to...

- Continue your post-natal care
- Sign your child up for insurance
- Take your child for well baby care
- Sign your child up for WIC
- Consider or continue with HUGS
- Provide a safe home environment
- Learn about community resources
- Attend Basic Motherhood classes

Examples of classes offered at the Hope House Center as part of the Motherhood Course Curriculum are:

- Early Motherhood/Baby Care
- Child Safety/CPR
- Child Development & Healthy Discipline
- Potty Training
- Toddler Care
- Financial Management
- Employment Education
- Being Single
- Building a Strong Marriage

As well as classes, participants have the opportunity to meet with staff by appointment for information, instruction, and options counseling.

In addition to the classes listed in this brochure, the Center will offer additional electives and seminars throughout the year as well as the monthly “Life Support” Group which usually meets on the third Thursday of each month. You are encouraged to attend these classes, as well, and receive class requirement credit.

## REWARDS!

- A healthier pregnancy.
- A healthier baby.
- New baby gift package & visit from staff.
- Support & encouragement.
- Preparation to meet challenges of motherhood.
- Assistance with maternity and baby items (Points Program).
- 500 Progress Points for attending a class.
- A pack (2 dozen) of diapers and wipes for attending a class.
- An additional baby care item for making a class reservation.
- \$25.00 Wal-Mart Gift card after attending at least 6 different Hope House classes and meeting Fresh Start objectives.
- Certificate of Accomplishment.

## Fresh Start...

### Hope House Center for Women

1567 N. Eastman Rd  
Suite #7  
Kingsport, TN 37664

**Center Hours**  
Tuesday - Friday  
1:00-5:00  
2<sup>nd</sup> & 3<sup>rd</sup> Saturdays  
10:00-2:00

**Center Director**  
Angie Martin

**Telephone**  
(423) 247-7994

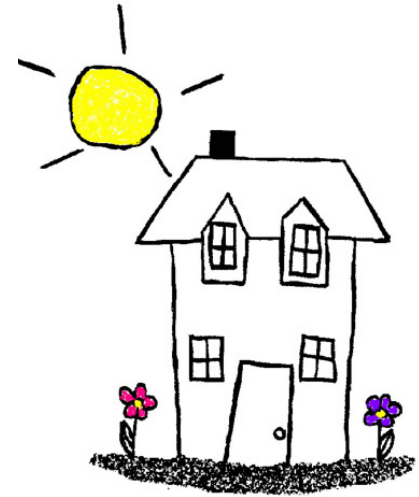
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We Care About Life...

# Welcome to



## Fresh Start...

Updated 11/2008