

Healthy Start is FREE

to those who qualify

Participants must live in one of the following ZIP codes.

Jackson County, MO:

64124, 64127, 64130, 64132,
64133, or 64138

Wyandotte County, KS:

66101, 66102, 66104, 66106,
66111, or 66112

Sign up online at
www.nurturekc.org



About Nurture KC

Nurture KC is a community collaboration dedicated to reducing infant mortality and improving family health.

Our Vision:

A Kansas City community committed to health equity for all families regardless of race, place or circumstance – beginning with a child's birth through a continuum of care.

Nurture KC

300 East 39th Street, Suite 4K
Kansas City, MO 64111
816-283-6242
info@nurturekc.org

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KANSAS CITY HEALTHY START INITIATIVE

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Kansas City Healthy Start Initiative

Nurture KC's Healthy Start Initiative serves families across 12 zip codes in Kansas City, MO, and Kansas City, KS. The program provides one-on-one support from Community Health Workers to pregnant women, dads, and infants up to 18 months old. It connects participants to health resources, education, and essential services to help ensure a strong, healthy start for every family.

Our Healthy Start program provides:

- **Personal Support:** One-on-one help from Community Health Workers and Nurses.
- **Helpful Education:** Learn about safe sleep, breastfeeding, child passenger safety, and more.
- **Essential Resources:** Support for healthy pregnancies and babies.



Program Benefits:

- Support from our Community Health Nurse for participants experiencing high-risk pregnancies.
- Prenatal, birth, and postpartum doula services for eligible moms.
- Access to childbirth and newborn classes.
- Guidance and resources for successful breastfeeding.
- Diaper assistance through our partnership with Happy Bottoms.
- Group support through Mother's Voice.
- Individual counseling for those who need it.

The program extends its care to moms, dads, and infants, providing assistance through the baby's first 18 months.

"My family and I feel supported by having access to Healthy Start. We can count on our Community Health Worker for questions about parenting, job training, education, health care and more. We are very fortunate to be part of this program."

— Yesica Osorio

"Healthy Start connects me with resources to help my family. It encourages and empowers me."

— Elizabeth Torres

"My passion is to serve the community. I want to give a voice to those who don't feel heard. Here at Nurture KC we strive to provide compassionate, trusting support to all of our families."

— Marcela Metcalf
Lead Community Health Worker,
Nurture KC

