

Safe and Healthy Start

Helping pregnant
women be drug and
alcohol-free



Moms can
get help at
any stage in
their pregnancy

No shame,
no judgment -
just support
for moms,
dads and
babies



Give
your
baby a
*Healthy
Start*



All parents want
their baby to be
healthy



If you live in Dakota County and are pregnant and using alcohol or drugs, we can help you and your baby get a healthy start.

Our team of social workers, public health nurses, chemical and mental health specialists can help you:

- Find a doctor
- Prepare you for labor and delivery
- Get baby supplies, including a car seat and clothing
- Help you live a healthy lifestyle
- Connect you to community resources

We can help:
Children & Family Intake
952-891-7459

Dakota County
Children and Family Services
14955 Galaxie Avenue
Apple Valley, MN 55124

Safe and Healthy Start is pilot project of Dakota County Social Services and Dakota County Public Health.

For more information about this program or how your organization can partner with us, please contact the project manager at 952-891-7449.

