



FAIRFIELD COUNTY
**Family &
Children First**
COUNCIL

Cassie Bridgeman

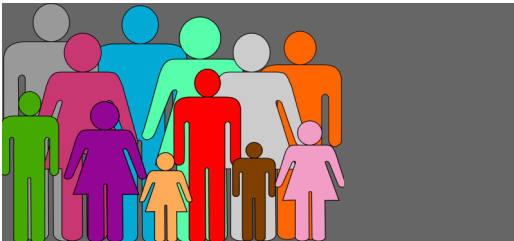
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*All mothers must be a resident of
Fairfield County to participate in
Perinatal Cluster.*

*FCFC will ensure county of resi-
dence by using an internet address
locator site.*

**Connecting the community
and supporting families.**



2024

Special funding is provided by



Perinatal Cluster is a
collaboration of numerous
Fairfield County social
service agencies and
organizations.

Fairfield County Perinatal Cluster



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Interested or have more questions?

HOW TO REACH OUT

If you or someone you know is struggling during pregnancy, reach out for help. The Perinatal Cluster provides individualized service coordination and offers hope and support to find solutions to a broad spectrum of challenges for women during pregnancy and up to one year after the birth of your child.

Service coordination through Perinatal Cluster is offered free of charge and confidentially is valued by staff and collaborating partners.

Call the number inside this brochure to ask questions or make a referral. You can even enroll yourself.

WHY WE COME TOGETHER

Fairfield County has formed a group of community partners to support and plan for healthy pregnancies, especially for women struggling with challenges like mental health stability, homelessness, addiction, lack of access to prenatal care, and transportation concerns. This group is dedicated to creative and collaborative solutions to these and other multi-faceted issues during pregnancy.

Historically, women experiencing mental health challenges, battling addiction, facing homelessness and experiencing other barriers during pregnancy did so in secret. But now, more women are asking for the help they need to overcome even the most complex challenges and raise healthy families.

Healthy mothers require a stable environment, healthy solutions and support in order to be successful. The Perinatal Cluster is tackling pregnancy challenges and making a difference in the lives of mothers and their babies in Fairfield County.

Pregnancy is a time of many changes, both in body and mind. For women dealing with the additional challenges like those listed below, it can be particularly difficult.

- substance use
- recovery support
- homelessness
- lack of natural supports
- teenage pregnancy
- domestic violence
- parenting support
- early intervention
- food instability
- family planning
- lack of access to prenatal care
- lack of access to family medical "home" care
- mental health concerns
- other serious barriers

The Perinatal Cluster is a group comprised of experts and caring service providers from medical, social services, mental health, early childhood programs and treatment communities who meet to share creative solutions, explore resources and assist women with maintaining a healthy pregnancy and healthy birth for up to one year.

The issues addressed in these meetings are not always easily solved by one agency or individual. That is why Fairfield County made the decision to form this collaboration. Together we seek the most caring and effective ways to support pregnant women in our community.

Birth is not only about making babies.

It's about making mothers — strong, competent, capable mothers who trust

themselves and know their inner strength."

~ Barbara Katz Rothman, PhD

