



SURVIVOR MOMS' COMPANION PROGRAM

Help for Moms Coping with Trauma

Be a Survivor Mom

- Free educational program for pregnant women and moms
- One-to-one in-person coaching with a trained Public Health Nurse
- Understand how your past traumatic experiences may be affecting you now
- Learn skills to help you cope with your past traumatic experiences

Client Testimonials

- "I liked it because it helped a lot (with) emotions during pregnancy. I'm glad I said yes to this program!"
- "This was the most helpful thing I did. It made a big difference, particularly the vignettes, a bigger difference than I expected."

For more information or to enroll contact Nurse on Call at 1-800-848-5533.

NURSE ON CALL PUBLIC HEALTH INFORMATION
800.848.5533 NOC@OAKGOV.COM
OAKGOV.COM/HEALTH



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.
23-240 • LB