

Local Resources for Prenatal Health

FAMILY HEALTH CENTERS

CENTROS DE SALUD FAMILIAR

- Medical clinics offering prenatal care (*Cuidado prenatal*)
 - Portland: 774-8631 East Broadway: 583-1981
 - Iroquois: 366-4747 Fairdale: 361-2381
- Pharmacy (*Farmacia*) 772-8621
 - Location: FHC–Portland Hours: Monday 9:00 AM to 8:00 PM; Tuesday to Friday 9:00 AM to 5:15 PM; Saturday 9:00 AM to 1:00 PM
- Dental Clinic (*Clínica Dental*) 772-8160
 - Location: FHC–Portland Hours: Monday to Friday 8:00 AM to 4:00 PM
- Behavioral Health Resource Center (*Salud Mental*) 772-8370
 - ▶ Consultations & referrals to local counseling and substance abuse services
 - Location: FHC–Portland Hours: Monday to Friday 8:00 AM to 4:30 PM
- Health Education (*Educación de Salud*) 772-8588
 - ▶ Prenatal classes and low-cost car seats (see below)

HEALTH INSURANCE PROGRAMS

SEGURO MEDICO

- Medicaid enrollment (*Inscripción de Medicaid*) 595-4238
- KCHIP / Child health insurance (*Seguro Medico para Niños*) . 1-877-524-4718
- Passport Health member services (*Línea de ayuda para Passport*) . . 1-800-578-0603
 - ▶ Provider of Medicaid, KCHIP, and Medicare in Louisville

PRENATAL PROGRAMS

PROGRAMAS PRENATALES

- WIC: Women, Infants, & Children (*Mujeres, Párvulos, y Niños*) . 574-6676
 - ▶ Food vouchers, nutrition and breastfeeding education
- Healthy Start (*Comienzo Sano*) 574-6661
 - ▶ Home visits, baby supplies, and other assistance
- HANDS 1-800-578-0636
 - ▶ Support and information for first-time moms and dads
- Car Seat Program (*Programa para Asientos para Auto*) 772-8588
 - ▶ Car seats provided (cost: \$15) for newborns up to toddlers weighing 40 lbs. Offered by Family Health Centers and Louisville Metro Department of Public Health and Wellness.
- Mommy and Me – Passport 1-800-578-0603
- Mother’s Day Out 574-5314
- KY Paternity Acknowledgement (*Programa de Paternidad*) . 1-888-675-7425
- La Leche League (*La Liga de La Leche*) 1-800-LA LECHE
 - ▶ Support for breastfeeding mothers
- Birth Care Network 499-4418
 - ▶ Refers doulas for birth support and prenatal classes
- Catholic Charities (*Caridades Católicas*) 637-9786
- Golden Arrow Center for Mothers/Children 589-3537
- Infant Resource Project 584-2343
- Mom’s Closet Resource Center, Inc. 245-3037

PRENATAL CLASSES

CLASES PRENATALES

- Family Health Centers (*Centros de Salud Familiar*) 772-8588
- University of Louisville Hospital 562-3325
- Norton Suburban Hospital 629-1234
- Clark Memorial Hospital 1-812-283-2405

MENTAL HEALTH

SALUD MENTAL

- Crisis and Information Line (*Línea de Crisis e Información*) . . 1-800-221-0446
 - ▶ Counseling and referrals for mental health, suicide, and alcohol and substance abuse issues (24-hours)
- Seven Counties Services 589-1100
 - ▶ Individual and family counseling

STOP SMOKING

DEJAR DE FUMAR

- Healthy Beginnings 574-7867
 - ▶ Support group for pregnant women who smoke
- Cooper Clayton Stop Smoking classes (*Dejar de Fumar*) 574-7867
- Kentucky Tobacco Quit Line 1-800-QUIT-NOW

ALCOHOL/SUBSTANCE ABUSE ABUSO DE ALCOHOL/DROGADICCIÓN

- Project Link 583-3951
 - ▶ Mental health and alcohol and drug dependency treatment for pregnant women
- Healthy Journey for Two 439-4591

ADDITIONAL RESOURCES

RECURSOS ADICIONALES

- Metro Louisville MetroCALL 24 hours (*Línea de Información de Louisville*) . . 311
- Dept. of Public Health and Wellness (*Departamento de Salud*) . . 574-6520
- University of Louisville Hospital (*Hospital Universitario*) 562-3000
- Kosair Children’s Hospital (*Hospital de Niños Kosair*) 629-6000
- Specialty Clinic – STD testing / treatment (*Clínica de ETS*) 574-6699
- Tuberculosis (TB) Services (*Clínica de Tuberculosis*) 574-6617
- Dixie Preventive Health Dental Clinic (*Clínica Dental*) 937-7277
- Center for Women & Families (*Ayuda con violencia domestica*) . . 1-877-803-7577
 - ▶ Domestic violence and rape crisis services – 24 hours
- Legal Aid Society (*Asistencia legal*) 1-800-292-1862
 - ▶ Legal assistance for low-income individuals
- Louisville Metro Housing Authority (*Concejalía de vivienda*) . . . 569-3400
- Welfare – Food stamps, AFDC, Medicaid 595-4238
- Community Coordinated Child Care (*Asistencia para cuidado de niños*) . 636-1358
 - ▶ Information about child care and assistance to families
- Consoling Parents 629-2103
 - ▶ Support for parents who experience miscarriage, still birth, or infant death