



Kentucky Moms
Maternal Assistance Towards Recovery
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Mental Health • Substance Use • Disability Services



Kentucky MOMS
Promoting Healthy Pregnancy for Mother and Baby

What is Kentucky Moms?

Prenatal education to improve a mother's physical, emotional and social well-being.

Kentucky Moms Services

Prevention education, case management services and resources for:

- Housing
- Counseling
- Domestic violence
- Smoking cessation
- Other resources a mother may need

Issues Affecting a Healthy Pregnancy

Substance use during pregnancy can be harmful for both mother and baby. Kentucky Moms provides education classes for expecting mothers to guide them through a healthy pregnancy.

Problems during pregnancy can also be caused by: Stress, poor nutrition, depression, domestic violence and lack of prenatal care.

These issues can affect the baby through: Poor growth, premature birth, eating and sleeping problems, and development disabilities.

*Kentucky Moms is a free service!
Mothers can receive free baby items
and education for a healthy pregnancy.
Classes are held once a month. Learn more
about this program or sign up now
by calling 859.225.3296.*

