



## Kentucky Moms

Maternal Assistance Towards Recovery  
1351 Newtown Pike, BLDG 3, Lexington, KY 40511

Mercedes Helton, Kentucky Moms Case Manager  
[mercedes.helton@newvista.org](mailto:mercedes.helton@newvista.org)  
p 859.225.3296 ext. 3229 | c 859.227.9008

Alyesse Coonrod, Kentucky Moms Prevention Specialist  
[alyesse.coonrod@newvista.org](mailto:alyesse.coonrod@newvista.org)  
p 859.225.3296 ext. 3162 | c 859.285.4157

**newvista**

24-HOUR HELPLINE 1.800.928.8000

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.***

