

# HEALTHY

*pregnancy + baby*

Where to get help for new and expecting parents.

**Where do I go to find out if I am pregnant?**

**Macomb County Health Department  
Family Planning**

health.macombgov.org (search family planning) |  
586-469-5491

**Compassion Pregnancy**

compassionpregnancy.org | 586-783-2229

**Your doctor's office**



**How do I find out about doctors and insurance?**

**Department of Health & Human Services (DHHS)**

mibridges.michigan.gov | 586-412-6100

**How do I get signed up for WIC?**

**Women, Infants & Children (WIC)**

health.macombgov.org (search WIC) | 586-469-5471



**Where can I go for breastfeeding support?**

**Macomb County WIC Breastfeeding  
Peer Counselors**

health.macombgov.org (search WIC) | 586-469-6062

**Macomb County Breastfeeding Coalition**

breastfeedmacomb.weebly.com



**Where can I get dental care during pregnancy?**

**My Community Dental Center (MCDC)**

mydental.org | 877-313-6232

**Macomb County Oral Health Coalition**

health.macombgov.org/Health-OralHealthCoalition

*\* Gum disease in pregnancy is linked to premature  
and low-weight babies.*



**Where can I go if I have more questions?**

**Macomb County Health Department  
Public Health Nursing**

health.macombgov.org (search public health  
nursing) | 586-469-5520

**Nurse Family Partnerhip**

health.macombgov.org (search nurse family  
partnership) | 586-466-6975

**Michigan Maternal Infant Health Program (MIHP)**

michigan.gov/mihp | 517-335-8898



health.macombgov.org/Health-BabyResourceNetwork  
babyresourcenetwork@macombgov.org



*Baby Resource Network of Macomb is a Community Action Team working to prevent infant deaths through collaboration with community partners by providing education and resources to support healthy pregnancies and healthy babies.*

**Learn More:**

[health.macombgov.org/Health-BabyResourceNetwork](http://health.macombgov.org/Health-BabyResourceNetwork)

**Contact Us:**

[babyresourcenetwork@macombgov.org](mailto:babyresourcenetwork@macombgov.org)

## **Baby Resource Network of Macomb Community Partners**

Aetna Better Health of Michigan	<a href="http://aetnabetterhealth.com/michigan">aetnabetterhealth.com/michigan</a>
Ascension Southeast Michigan Community Health	<a href="http://healthcare.ascension.org">healthcare.ascension.org</a>
Beaumont Family Medicine Center, St. Clair Shores	<a href="http://beaumont.org">beaumont.org</a>
CARE of Southeastern Michigan	<a href="http://careofsem.com">careofsem.com</a>
Community First Health Centers	<a href="http://communityfirsthc.org">communityfirsthc.org</a>
Early On Macomb	<a href="http://misd.net/earlyon">misd.net/earlyon</a>
Great Start LLC (MIHP)	586-825-3029
Great Start Macomb	<a href="http://greatstartmacomb.org">greatstartmacomb.org</a>
Judson Center	<a href="http://judsoncenter.org">judsoncenter.org</a>
Macomb Community Action- Head Start	<a href="http://mca.macombgov.org/MCA-CFS-HeadStart">mca.macombgov.org/MCA-CFS-HeadStart</a>
Macomb County Health Department	<a href="http://health.macombgov.org">health.macombgov.org</a>
MDHHS-Children's Protective Services	<a href="http://michigan.gov/mdhhs">michigan.gov/mdhhs</a>
MeridianHealth	<a href="http://mhplan.com">mhplan.com</a>
My Pregnancy Coach (MIHP)	586-944-2922
Roseville Fire Department	<a href="mailto:safebaby@roseville-mi.gov">safebaby@roseville-mi.gov</a>
Sacred Heart- Clearview Rehabilitation Center	<a href="http://sacredheartcenter.com">sacredheartcenter.com</a>
Silverspoon Home Services (MIHP)	248-702-6040
Turning Point Inc.	<a href="http://turningpointmacomb.org">turningpointmacomb.org</a>
United Health Care	<a href="http://uhc.com">uhc.com</a>