

# Pregnancy

## Are you Pregnant and looking for information and resources?



Start by going to Parent Help 123. They have great information and a resource finder. Check out their [Healthy Pregnancy Tips](#), [Local Resource Guide](#) and the [Health Insurance Information and Applications](#).

## Find a health care provider

It is recommended that all women be seen by a health care provider within the first 12 weeks of pregnancy. Local providers for Prenatal Care include:

[Bellingham Birth Center](#),

[Bellingham Obstetrics & Gynecology](#),

[Family Care Network](#),

[Peace Health Obstetrics and Gynecology](#) and

[Sea Mar Community Health Centers](#)



## Staying healthy during pregnancy



More than half of the pregnant women in Whatcom County qualify for nutrition education and healthy foods through **WIC**. [Find your local WIC office here](#).

Need help quitting **tobacco, alcohol or other drugs**?

Talk to your health care provider. The resources below may also be helpful.

**Free and Clear:** Smoking Cessation program for Molina members: 1-866-472-9483

**Washington Recovery Helpline:** 1-866-789-1511: 24 hour help line

**1-800-QUIT-NOW (784-8669):** Smoking Cessation

## Home visitors can provide additional support

Sign up to receive home visits by nurse or community worker who can provide additional education and support for pregnant and parenting families. All programs are free if income eligible. Call to find out more and enroll.

[Answers Maternity Support Services:](#) 360-255-7855

[Sea Mar Community Health Center Maternity Support Services:](#) 360-788-7149

[Whatcom County Health Department Nurse-Family Partnership:](#) 360-676-6762

[Brigid Collins Growing Together:](#) 360-734-4616

[Early Head Start:](#) 360-734-5121

## Other helpful resources during pregnancy

**Childbirth Center Tours and Information:**

Peace Health- St. Joseph's Medical Center [Childbirth Center](#):

**Childbirth Education Classes and Parenting Classes:**

[Bellingham Technical College](#)

**Transportation:**

[Medicaid Transportation](#) to medical appointments

**Car Seats:**

[Molina Car Seat Program](#) for Molina members