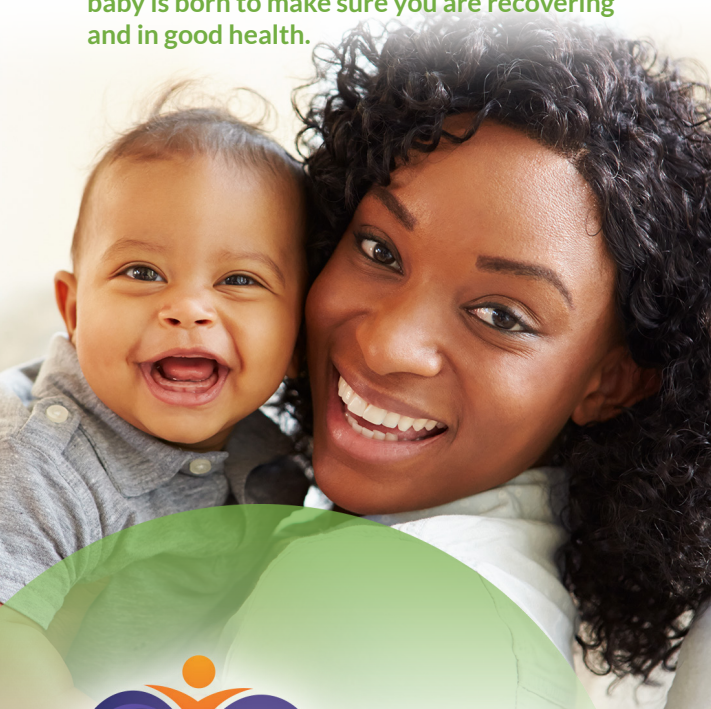


Give Yourself and Your Baby the Best Chance at a Healthy Life!

- See your doctor regularly for good health care during and after your pregnancy.
- Eat plenty of healthy foods and take prenatal vitamins before, during, and after pregnancy.
- Avoid alcohol and other drugs while pregnant and exercise regularly.
- Take your baby to the doctor for scheduled check-ups and have your baby receive immunization shots on time.
- Go to your doctor within 4-6 weeks after your baby is born to make sure you are recovering and in good health.



For information contact:
JasmineProject@med.miami.edu
305.243.4078 | JasmineProject.com

Trinity Church | 17801 NW 2nd Ave.
Suite 209 | Miami Gardens, FL 33169



UNIVERSITY OF MIAMI
MILLER SCHOOL
of MEDICINE

The Jasmine Project is a Perinatal CARE Program initiative.

Department of Pediatrics
1580 NW 10th Ave. R-509A, Miami, FL 33136



Healthy Start Coalition of Miami-Dade
A Jasmine Project Community Partner



Every Baby Deserves a Healthy Start!

A home-visiting program to promote the health and wellness of pregnant women, mothers, fathers, and babies.



The Jasmine Project funding is supported by the Department of Health and Human Services Administration (HRSA).
The project is 100% funded by HRSA and is not receiving funds from any nongovernmental sources.

The Jasmine Project is a
National Healthy Start Program
Serving the communities of Miami Gardens,
Opa-Locka, and North Miami

The Jasmine Project services focus on promoting the health and development of families before, during, and after pregnancy.

- Coordination of doctor's visits and health care services
- Pregnancy and childbirth education
- Breastfeeding support and education
- Parenting classes and healthy infant care
- Child development screening
- Safe sleep and car seat education
- Home visits by professional staff
- Case management and referrals for community services and resources
- Family planning information
- Screening for maternal depression and referrals as needed
- Substance abuse screening and prevention services
- Help with quitting smoking



For more information contact:
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www.JasmineProject.com

305.243.4078

Black infants are more than twice as likely to die in the first year of life than White infants in Miami-Dade.

Our professional team is trained to assist families in making healthy choices, identifying services that promote the well-being of mothers, fathers, and babies.

Am I eligible for Jasmine Project Services?

The Jasmine Project enrolls PREGNANT women living in Miami Gardens, Opa-Locka, and North Miami, in the zip codes 33054, 33055, 33167, 33169.

Services are available from pregnancy through baby's 18 month.



The Jasmine Project is a
National Healthy Start Program

OUR MISSION is to improve the health and wellness of pregnant and postpartum women, fathers, babies, and families by providing comprehensive health promotion and support services focused on reducing preterm birth and infant mortality.

