



All visits take place  
In your own home

Monday thru Friday  
8:00AM – 4:30PM  
207-992-4549

Do you...

- Want information about your pregnancy?
- Want information on caring for a new baby?
- Have a pre-school child with special needs?
- Want help to manage a childhood disease or condition?
- Work in a job which may expose you to a health risk?



Bangor Region Public Health and Wellness  
A division of Bangor Health and Community Services

### PROGRAMS

- Public Health and Community Services
- Women, Infants and Children Nutrition
- Health Promotion
- STD Screening
- Immunization & Travel Medicine
- SNAP Education

For more information, please contact:

City of Bangor  
**Public Health and Community  
Services Department**  
103 Texas Avenue  
Bangor, ME 04401

207-992-4549

Call us! We can help!



Bangor Public Health  
*Nurses* 



No Wait List

No Income Eligibility

For Parents Who Are Expecting  
Or Have Children 0-5



## During Pregnancy

- Help you have a healthy pregnancy
- Listen to your unborn baby's heartbeat
- Answer all your pregnancy and post-baby questions
- Provide information on labor and delivery
- Provide information about safe sleep for infants
- Provide accurate and up to date information
- Provide individualized and personalized care



## Breastfeeding

- Help you prepare for breastfeeding before your baby arrives
- Provide encouragement and support
- Work with you to create a plan to be successful
- Address any problems you may be having
- Answer questions about your health and breastfeeding
- Assistance and resources for when you need to return to work or school
- Certified Lactation Counselors



## Caring for Children 0-5

- Weigh and measure your infant
- Provide information on normal growth and development
- Provide in-home developmental screenings
- Nutrition and feeding advice
- Information on your baby's immunizations
- Childproofing information
- Home safety checks
- Asthma education and support (provided by a Certified Asthma Educator)
- Provide information about other community resources
- Support and guidance for children with special needs diagnoses

