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?

All visits take place in your own home
Monday thru Friday
8:00AM – 4:30PM
207-992-4549

City of Bangor
Public Health and Community
Services Department
103 Texas Avenue
Bangor, ME 04401
207-992-4549
Call us! We can help!

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:

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