

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT

A PEER COACHING AND
PARENTING SUPPORT PROGRAM
FOR MOMS RECOVERING FROM
OPIOID DEPENDENCE

Pregnancy and parenting
young children can be hopeful
and exciting. It can also be
stressful and difficult, especially
while working on your recovery.
FIRST Steps Together can help.

*"It feels good to talk
to someone that's
been there. I don't
feel alone and I have
hope for my future."
—Mom in recovery*



FIRST Steps Together is a home visiting program. We match you with a family recovery support specialist who is a person in recovery with specialized training. They will walk beside you on both your recovery and early parenting journey.

You may qualify if:

- You are pregnant or a mom of at least one child under 5 (even if they don't live with you) AND
- You have used opioids

In addition to home or community-based recovery coaching and parenting support, we provide:

- Recovery and parenting groups
- Referrals for physical and mental health care and substance use treatment
- Connections to community-based services
- Help with the services that you might already be receiving

***Bay State Community Services, Quincy**
Cape Cod Children's Place, North Eastham
Center for Human Development, Pittsfield
Center for Human Development, Easthampton
Jewish Family and Children's Service, Waltham
Montachusett Opportunity Council, Fitchburg
Square One, Springfield*

For more information contact Maureen Whitman
mwhitman@jfcsboston.org 781-227-7373



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