



# Moms' CAN

*Because every baby deserves a strong beginning—  
and every mom deserves support.*



Moms' CAN (Community Assistance Network) connects expectant moms to caring support from the start. We listen first, build trusting relationships, and connect you to local resources and services that ease stress and build confidence—so you're never navigating pregnancy alone.

As a specialized service of United Way's Community Assistance Network, Resource Specialists help promote healthy pregnancies, safe deliveries, and confident parenting—ensuring moms and babies have the support they need to thrive.

***Preparing to Welcome a Baby?***

**Call (757) 229-2222 \* Press Option 2  
to connect with a Moms' CAN  
Resource Specialist**



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## *We Can Help You Connect to Community Resources Like...*



Breastfeeding  
Support



Car Seat  
Program

Child Care



Food and  
Other Assistance



Infant  
Supplies



Mental Health  
Support



One-on-One  
Support



Parent  
Education



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*Scan to Learn More*



# THANK YOU!

to the **Spain, Behm, and Petters Families** for your **generous support** of Moms' CAN and your commitment to the well-being of mothers, babies, and families across the Peninsula, helping to advance strong beginnings and healthy futures for all.

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