

FIRST STEPS TOGETHER

FAMILIES IN RECOVERY SUPPORT

A PEER COACHING AND
PARENTING SUPPORT PROGRAM

Are you a parent, or expectant parent, who has struggled with opioid and/or stimulant use?

We know that 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*



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FIRST Steps Together is a home visiting program that is able to provide flexible, community based and virtual services. 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. Some program participants can also work with a clinician for additional support.

You may qualify if:

- You are expecting a child or are a parent of at least one child 5 or under (even if they don't live with you) AND
- You have used opioids and/or stimulants

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

- Recovery and parenting groups in person or virtually
- Referrals for physical and mental health care and substance use treatment
- Connections to community-based services
- Help accessing support for basic needs
- Help with the services that you might already be receiving

For more information contact

Maureen Whitman

mwhitman@jfcsboston.org

781-227-7373



www.mass.gov/first-steps-together

FIRST STEPS TOGETHER IS FUNDED BY A GRANT FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION TO THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH. THE PROGRAM IS ADMINISTERED BY THE BUREAU OF FAMILY HEALTH AND NUTRITION.

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