



A PEER COACHING AND PARENTING SUPPORT PROGRAM FOR PARENTS WORKING TOWARDS RECOVERY FROM SUBSTANCE DEPENDENCE

A PEER COACHING AND PARENTING SUPPORT PROGRAM FOR PARENTS WORKING TOWARDS RECOVERY FROM SUBSTANCE DEPENDENCE

A PEER COACHING AND PARENTING SUPPORT PROGRAM FOR PARENTS WORKING TOWARDS RECOVERY FROM SUBSTANCE DEPENDENCE

**Are you a parent, or expectant parent, who has struggled with opioid, stimulant or other substance 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.**

**Are you a parent, or expectant parent, who has struggled with opioid, stimulant or other substance 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.**

**Are you a parent, or expectant parent, who has struggled with opioid, stimulant or other substance 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*

*"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*

*"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 that provides flexible, community based and virtual services. We match you with a family recovery support specialist who is a parent in recovery with specialized training. They walk beside you on both your recovery and early parenting journeys. Some program participants 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 under 5 (even if they don't live with you) AND
- Have used opioids, stimulants, alcohol, marijuana or other substances

**In addition to recovery coaching and parenting support, we provide:**

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

Bay State Community Services, Braintree and New Bedford | Cape Cod Children's Place  
Jewish Children & Family Service  
Making Opportunities Count | Square One

[FIRSTStepsTogetherMA.org](http://FIRSTStepsTogetherMA.org);  
[www.mass.gov/first-steps-together](http://www.mass.gov/first-steps-together)

For more information:  
[AGirard@JFCSTBoston.org](mailto:AGirard@JFCSTBoston.org)



JF&CS



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.

**FIRST Steps Together** is a home visiting program that provides flexible, community based and virtual services. We match you with a family recovery support specialist who is a parent in recovery with specialized training. They walk beside you on both your recovery and early parenting journeys. Some program participants 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 under 5 (even if they don't live with you) AND
- Have used opioids, stimulants, alcohol, marijuana or other substances

**In addition to recovery coaching and parenting support, we provide:**

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

Bay State Community Services, Braintree and New Bedford | Cape Cod Children's Place  
Jewish Children & Family Service  
Making Opportunities Count | Square One

[FIRSTStepsTogetherMA.org](http://FIRSTStepsTogetherMA.org);  
[www.mass.gov/first-steps-together](http://www.mass.gov/first-steps-together)

For more information:  
[AGirard@JFCSTBoston.org](mailto:AGirard@JFCSTBoston.org)



JF&CS



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.

**FIRST Steps Together** is a home visiting program that provides flexible, community based and virtual services. We match you with a family recovery support specialist who is a parent in recovery with specialized training. They walk beside you on both your recovery and early parenting journeys. Some program participants 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 under 5 (even if they don't live with you) AND
- Have used opioids, stimulants, alcohol, marijuana or other substances

**In addition to recovery coaching and parenting support, we provide:**

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

Bay State Community Services, Braintree and New Bedford | Cape Cod Children's Place  
Jewish Children & Family Service  
Making Opportunities Count | Square One

[FIRSTStepsTogetherMA.org](http://FIRSTStepsTogetherMA.org);  
[www.mass.gov/first-steps-together](http://www.mass.gov/first-steps-together)

For more information:  
[AGirard@JFCSTBoston.org](mailto:AGirard@JFCSTBoston.org)



JF&CS



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.