



# Pregnant? Need Support?

Kids Are First, Inc. Head Start/ Early Head Start  
is  
NOW ENROLLING  
*PREGNANT MOMS*

We can answer your questions and help you stay healthy during your pregnancy and after the baby comes.

» Our program will prepare you to:

- ◆ Know what to expect each month during pregnancy
- ◆ Enroll your baby into Early Head Start
- ◆ Find resources that your family needs
- ◆ Meet your own goals for school and work



#### Requirements to Participate:

- ◆ Pregnant— 1st and 2nd Trimester
- ◆ Low Income
- ◆ Want to enroll baby into Early Head Start

#### Services Include:

- ◆ Educational Activities
- ◆ Qualified—Nurturing Teachers
- ◆ Nutritious Meals
- ◆ Family Services
- ◆ Serving Children with Disabilities
- ◆ High Quality Care at No Cost to You

#### ***For More Information Contact:***

Carrizo - (830)876-9293: Lizandra Salas or Dahlia Martinez  
Cotulla - (830)879-4524: Chelsea Garcia  
Pearsall - (830)334-9290: Brenda Elizondo or Veronica Yanez

#### *Eagle Pass Area:*

Las Colonias - (830)758-0757: Dulce Fuentes or Susan Sanchez  
LBJ - (830)757-4425: Elsa Galvan or Ana Luisa Martinez

**This institution is an equal opportunity provider/Esta institución es un proveedor que ofrece igualdad de oportunidades.**

Kids are First, Inc. Head Start Participates in the Child Adult Care Food Program sponsored by the Texas Department of Agriculture.