Our Mission:
To create a nurturing and supportive environment that is life changing and empowers women to reach their full potential.

Our services include:
• Pregnancy education classes
• Mental health counseling
• Care management
• Community health workers
• Job training
• Parenting skills coaching
• Participant advisory board
• Transportation & childcare
Our pregnancy education classes have decreased premature births by 51% (2010-2021).
Moms in our mental health program have a premature birth rate that is lower than the inner-city of Rochester (2010 – 2021). Many of our moms have a high risk mental health diagnosis that, left untreated, generates premature birth rates 1.5 to 2 times higher.

In 2021, 200 moms participated in mental health counseling.
In 2021, 238 moms participated in care management services.

Care management teaches moms problem solving skills for navigating life successfully.
Our MICHC Program has decreased premature births by 38% (2021).

In 2021, 89 moms partnered with a Community Health Worker.

Maternal Child Community Health Workers

CHW Stephanie and participant Tashyana
Project Independence has transitioned 184 moms from public assistance to paid employment and has saved over $1.7 million in tax dollars (2012 - 2021).

Participants Melissa & Candace working in the Children’s Clothing Closet
“Healthy Moms helped me find my way. I found confidence in myself. I am successful because of the support system I had with Healthy Moms.”

-Bonnie, Healthy Moms Graduate

“Healthy Moms introduced me to my worth and who I could be. I found my voice, I found by courage, and I learned skills I never thought I would have.”

-Candace, Healthy Moms Participant
RAPP is an evidence-based model that significantly reduces children’s behavioral problems. 91% of parents report improved confidence in their parenting skills and strategies.

Healthy Moms partnered with the Children’s Institute to provide RAPP to 10 moms.
Transportation and Childcare

Our free transportation and childcare provides moms with the support they need to engage in services.

In 2021, we provided moms with 1,011 free van rides and 246 free childcare sessions.
Thank you Healthy Moms for all of the opportunities, professionally and personally, that you brought me and gave me the confidence to seize. Thank you for instilling in me new aspirations and for giving me the confidence to go out and pursue my dreams. Thank you Healthy Moms for continuing to be my second home. I will never stop talking about Healthy Moms and sharing my experience with everyone that I meet. My hope is that you, too, someday will have a place like this and an experience that you can look back on and say, ‘I wouldn’t be where I am today without Healthy Moms.’

-Melissa, Healthy Moms Participant
Participant Advisory Board:
• Candace Cabral
• Melissa Lomack
• Amanda Kenney
• Tasheka Smith
• Lila Doustou

Investors in Healthy Moms:
• Rochester Regional Health Foundation
• The Pavone Foundation
• Rochester Women’s Giving Circle

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