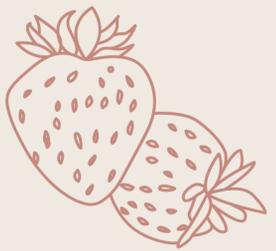


WE'RE HERE TO SUPPORT YOU!

Do you have a baby under 18 months old or on the way?

Family Spirit Nurture Messages is a **free** text service for Native American families with young children. Sign up today to learn about your baby's nutrition and growth, plus caregiver wellbeing.



Text SIGNUP to
413-477-5526
or visit:
fsnmessages.org

HOW IT WORKS

1. Sign up to receive free* text messages from Family Spirit Nurture at FSNmessages.org.
2. Share your child's due date or birth date to receive messages tailored to your baby.
3. Choose how often you would like to receive messages and if you want to learn about breastfeeding support.
4. Engage with information, resources, and opportunities to support you and your baby!

*Message and data rates may apply



Photo by John Hosteen

