



**Center for  
Human Services**

changing lives building futures helping families

*Center for Human Services (CHS) is a nonprofit  
agency with a mission to strengthen and support youth  
and families in Stanislaus County*

# Pickles and Ice Cream

## Healthy Birth Outcomes Prenatal Program

Pickles and Ice Cream is an educational support group offered to pregnant women and new mothers with children under 1 year of age.

Parents will learn what to expect during pregnancy and the first year of life from Health Educators, network with other new parents and may be eligible for the Home Visiting Program with a Public Health Nurse.

### **Class Location & Times:**

**CHS - Ceres Partnership**  
1317 Grandview Avenue  
Ceres, CA 95307

English & Spanish: Wednesdays, 1:00 PM - 3:00 PM

**OPEN TO ALL PREGNANT AND NEW PARENTS**  
**CLASSES ARE FREE!**

For more information, please call (209) 541-0101

***This program is made possible with support from:***



For a complete list of CHS services, please visit our website or **call (209) 526-1440**  
2000 W. Briggsmore Ave., Suite I, Modesto, CA 95350  
**[www.centerforhumanservices.org](http://www.centerforhumanservices.org)**

Funding Sources — Center for Human Services acknowledges the support of our funding partners who underwrite, in part, the quality services provided to children and families. Partners include but are not limited to: Stanislaus County Board of Supervisors, Behavioral Health & Recovery Services, Children and Families Commission, Community Services Agency, Probation, United Way, various school districts, foundations, Federal and State agencies. We are grateful to all of our funders for fostering the health and well-being of our communities through their support of Center for Human Services' prevention, intervention, treatment, counseling & shelter services.



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*Center for Human Services es una agencia no lucrativa  
con la misión de fortalecer y apoyar jóvenes y familias  
en el Condado de Stanislaus.*

# Pepinos y Nieve

## Resultados de un Parto Saludable (HBO) Programa Prenatal

Pepinos y Nieve es un grupo de apoyo educativo que se ofrece a las mujeres embarazadas y a las madres con niños menores de 1 año de edad.

Los padres aprenderán qué esperar durante el embarazo y el primer año de vida mediante los Educadores de la Salud, convivencia con otros padres y pueden ser elegibles para el Programa de Visitas Domiciliarias con una enfermera de salud pública.

### **Localidad y Horarios:**

**CHS - Ceres Partnership**

1317 Grandview Avenue

Ceres, CA 95307

Ingles y Español: Los Miércoles, 1:00 PM - 3:00 PM

**ABIERTO PARA TODAS LAS MUJERES EMBARAZADAS  
Y PADRES NUEVOS**

**CLASES SON GRATIS!**

Para más información, llame a (209) 541-0101

***Patrocinado por parte de:***



Para una lista completa de servicios que provee CHS, por favor visité la pagina web  
o llame al **(209) 526-1440**

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