

# Maternal SDOH Program

Childbirth education & whole-person support for our community



**Health is more than medical care.**

## GUIDED BY OUR ICARE VALUES



Innovation



Compassion



Accountability

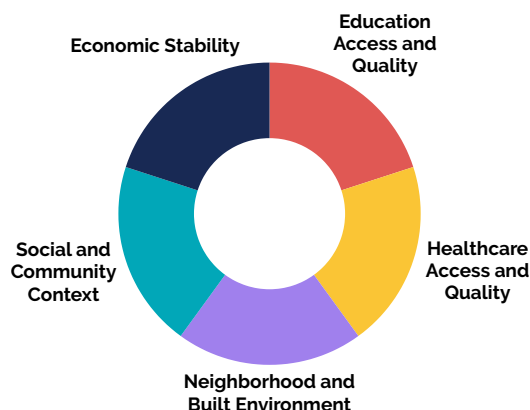


Respect



Empathy

## The 5 Social Determinants of Health



## What This Program Does

For pregnant and postpartum patients who need extra support. Offering support during:



**Pregnancy** (Antepartum)



**Labor** (Intrapartum)



**After Birth** (Postpartum & Beyond)

## WHAT WE CAN HELP YOU GET

### Housing & Stability

Eviction aid, shelter applications & HEAP. Call 311 718-637-2140 (Rockaway HRA on Beach 59th), or use ACCESS HRA. Queens Homebase Hotline: Jamaica Office: Call (718) 674-1000 Rockaways Office: Call (718) 647-1015

### Childbirth & Postpartum Classes

Free Childbirth Education & Postpartum/ Discharge classes. Call 718-869-5815 to sign up or email [birth@ehs.org](mailto:birth@ehs.org)

### Mental & Emotional Health

Free wellness & perinatal depression checks at every visit. Local St. John's EHS Behavioral Health line: 718-869-7000. HEARS Family Line: (1-888-554-3277)

### FOOD VOUCHERS & PANTRIES

Get WIC, SNAP, and free food from St. John's & Campaign Against Hunger pantries. Call 718-869-7100 (EHS Food as Medicine) Find emergency food instantly: Text FOOD to 90847 or call 311. Food Delivery Meals for Specialized Diets: God's Love We Deliver 212-294-8102.

### TRANSPORTATION TO VISITS

Free Medicaid rides to appointments. Book 3 days ahead via MAS: 1-844- 666-6270 ([medanswering.com](http://medanswering.com)). For emergency transit, call 911 or contact your caseworker for instant travel vouchers. Rockaway Rides (Free within the Rockaway area) 718- 240-2500.

### BABY & MATERNAL ESSENTIALS

Enroll before 28 weeks and/or attend the postpartum/discharge class to receive free diapers, strollers, wipes, and a gift card. You can also get free Uber rides to select appointments and fresh produce boxes, which are available upon request for pickup while supplies last.

### SAFETY & DOULA SUPPORT

Get confidential IPV screenings and a free personal doula for labor and home visits. Call 1-844-653- 6852 (NYC Doula Initiative) or 844-919-1123 (Healthy Start/By My Side). For 24/7 immediate safety and shelter assistance, call Safe Horizon: 1-800-621-4673.

**PRIVATE • VOLUNTARY • FREE —**

Your answers do not affect your immigration status. Interpreters available in all languages.

**IN AN EMERGENCY — CALL 911**

**Talk To Your Care Team or email [birth@ehs.org](mailto:birth@ehs.org).  
OB/GYN Dept: 718-EHS-DOCS (718-347-3627)**



**Mother Cabrini**  
HEALTH FOUNDATION