



**PREGNANT?
NEW PARENT?
QUESTIONS?**
WE HAVE ANSWERS—
AND RESOURCES

Whether you're expecting a child or are a new parent, it's normal to have questions or concerns—or to simply need support. Our public health nurses are here to help.

OUR ROLE

We're here to help if you are:

- Pregnant
- Parenting a newborn
- A family with young children
- Parenting a child with special needs



KITSAP PUBLIC
HEALTH DISTRICT

345 6th Street
Suite 300
Bremerton, WA
98337

360-728-2235
360-813-1382 (fax)

OUR EXPERTISE

We can help with:

- Access to free supplies from Eastside Baby Corner (EBC)-West Sound such as diapers, car seats, cribs, infant clothing and more
- Nutrition and breastfeeding

- Getting health insurance
- Your child's growth and development
- Parenting tips
- Referrals to community resources

DEVOTED TO FAMILIES

Our public health nurses are committed to helping parents and their children be their healthiest. Each is a registered nurse (RN) with four years of college preparation and education, as well as expertise in health and family issues.

INCOME GUIDELINES

To qualify for First Steps, your income must fall within a certain range. You may qualify even if you already have health insurance.

CALL US

To talk with a public health nurse—or to schedule a home or office visit—call 360-728-2235.

VISIT US

Kitsap Public Health District
Norm Dicks Government Center
345 6th Street, Suite 300
Bremerton

kitsappublichealth.org