

Nurse Family Partnership @ Project Self-Sufficiency



Free Personal Nurse

Prenatal Care

Healthcare Advice

Breastfeeding Support

Parenting Tips



Enroll at www.projectsufficiency.org

I went through a very scary time in my life. Thank God for Project Self-Sufficiency's Nurse Family Partnership program. They welcomed me with open arms.

The Nurse Family Partnership program is the best thing that ever happened to me. I was 5 months pregnant when I got involved. I never had younger siblings, so I didn't have much experience taking care of children. My nurse taught me all of the things I did not know. I learned about nursing and breastfeeding from her. She was the reason I was able to breastfeed for 11 months. Without her support, I would never have known how to do that.

She also educated me about delivery, so I was more than prepared for childbirth.

My nurse listened to every detail of our lives and she was always out there finding things for me, like diapers and items from the food pantry. She really was wonderful. My son clicked with her, as well.

My husband came into my life when my son was 3 months old and we got married last year.

My life has completely turned around. I am working as a hairdresser, I manage a salon and I own a boutique. My business is taking off. I hope to become a partner in the salon soon. We bought a house and I am pregnant again. We like to travel together as a family.

I highly recommend this program to anyone who needs resources. You can get trained and educated, and you can take advantage of all the support. There is so much at your fingertips. I have already referred three friends to the Nurse Family Partnership program.



Project Self-Sufficiency, 127 Mill Street, Newton, NJ 07860