

# Every Child Deserves A Healthy Start



**No amount of alcohol or drugs  
are safe to take during pregnancy!**

**Drug use is harmful  
especially during pregnancy!**

**The safest way to get through a healthy pregnancy is to get prenatal care as early as possible.**

*Prenatal care is the care you receive when pregnant. Early prenatal care is the best thing you can do for yourself and your baby. The goal of prenatal care is to monitor the progress of your pregnancy and to provide you with the information and services you need to be in the best possible health throughout your pregnancy.*

## **No Insurance? - No Problem!**

**St. Mary's Hospital Pregnancy Care Center is here for you!**

**380 Guy Park Avenue ~ (518) 841-7424**

**Please contact St. Mary's Addiction Clinic for any treatment needs**

**St. Mary's Addition Clinic**

**76 Guy Park Ave.**

**Amsterdam, NY 12010**

**518-843-4410**



**Brought to you by Montgomery County Public Health  
&**

**St. Mary's Hospital at Amsterdam**

