

Prenatal/ Obstetrics

Free Pregnancy Testing & Ultrasound

Pregnancy Helpline
Sturgis
659-1100

Pregnancy Helpline
Three Rivers
278-2211

Both offer free ultrasound up to 20 weeks gestation

Pregnancy Prevention Resource

BHSJ Community Health Agency
Prevention Education, Contraceptives, Contraceptive Education, STD Testing
269-273-2161

Prenatal Resources

Medicaid for Pregnant Women
www.michigan.gov/MIbridges
Department of Health & Human Services
269-467-1200

Smoking Cessation
[SEE SUBSTANCE ABUSE RESOURCES PAGE #28](#)

Obstetrics & Childbirth Education
Three Rivers Obstetrics
269-273-1995

Michiana Women’s Center
269-651-8071

BHSJ Community Health Agency
269-279-2161
Childbirth classes, breastfeeding support

Nutrition / Nutrition Education
Women, Infant & Children (WIC)
269-273-2161

LaLeche League
Information & support for breastfeeding
269-651-5386

The Dillie Bar
(260) 535-1434
Breastfeeding support services

For more nutrition resources see
[HEALTH RESOURCES page #14](#)

Pregnancy Helpline
Sturgis– 269-659-1100
Three Rivers– 269-278-2211
Both offer free ultrasound & Pregnancy tests

Prenatal Exercise
Three Rivers HealthTRAC
269-278-8722

Resources for New Parents

SEE [PARENT RESOURCES Page #22](#)

Prenatal Loss or Postpartum Support

Pregnancy Helpline
Sturgis– 659-1100
Prenatal loss, post partum support

Pregnancy Helpline
Three Rivers– 278-2211
Prenatal loss, post partum support, Post Abortive Counseling

Empty Cradle, Full Heart
Private Facebook group
Prenatal loss

Home Visitor Programs

Community Action Agency
Expectant Mom Program
269-273-8563

Silver Linings Family Services
Maternal Infant Health Program
for Medicaid recipients, pregnant women and infants less than one year old.

(269)473-6060
Services in English and Spanish

[Return to Table of Contents](#)

If you have suggested edits, additions, or deletions to this page, please contact stjosephcountyhsc@gmail.com