

# 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](http://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

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

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

**For more nutrition resources see HEALTH RESOURCES page #14**

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

**Prenatal Exercise**  
**Three Rivers HealthTRAC**  
269-278-8722

## Resources for New Parents

SEE [PARENT RESOURCES Page #22](#)

## 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

## 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*

If you have suggested edits, additions, or deletions to this page, please contact [stjosephcountyhsc@gmail.com](mailto:stjosephcountyhsc@gmail.com)