



Pregnancy and Parenting Education and Support

Flathead Moms for Moms

- <https://www.facebook.com/FlatheadMomsforMoms/>
- An online community for local mothers to connect, share information, find and offer support, and inspire one another.

Montana Kinship Navigator Program

- <https://www.montana.edu/extension/mtknp/>
- Serves Kinship and Relative Caregivers for the entire state of Montana. We are a central support, resource, and referral navigator program supporting Montana's rural areas, all of Montana's 8 Native American Tribes, and Montana's urban cities. The program was founded in 2002 to offer these caregivers support, education and access to resources so they can live happier, healthier lives and can, in turn, raise children who know emotional and physical safety, excel in school and social situations and are prepared to take on the challenges of their new life.

Sibling Support Project

- <https://siblingsupport.org/>
- Founded in 1990, the Sibling Support Project is the first national program dedicated to the life-long and ever-changing concerns of millions of brothers and sisters of people with special health, developmental, and mental health concerns.

Catholic Social Services of Montana

- <https://www.cssmt.org>
- Phone: [\(800\) 222-9383](tel:8002229383)
- Professional counseling for expectant mothers and adoptive parents.

Kids Health

- <https://kidshealth.org/>



- Kids Health is the largest and most-visited site on the web, providing doctor-approved health information about children from before birth through adolescence. This site offers numerous easy-to-read articles on kids' health, written for parents, teens and kids.

Hope Family Resource Center

- Phone: [\(406\) 257-6006](tel:4062576006) | 940 1st Ave East, Kalispell MT
- Hope Family Resource Center is a refuge for many growing families in need of material assistance, emotional support and guidance through the journey of parenting. The Earn While You Learn program is designed to provide education about pregnancy and parenting for both moms and dads from early pregnancy until their child is two years old. Parents can earn points to use to purchase items in the Baby Boutique – baby clothes, diapers, formula, cribs, strollers, car seats etc.

Health Montana Families

- Phone: [\(406\) 751-8110](tel:4067518110) | [\(406\) 751-751-8120](tel:4067517518120) | Flathead City County Health Department – 1035 1st Ave West 1st Floor, Kalispell MT
- Professional, trained parent educators partner with parents and/or parents to be to meet the needs and goals of the family, connect the family to resources and promote the physical and emotional health of the child and family. Ages prenatal to five years old.