To improve the well-being of children, empower families & strengthen communities

Preschool Services

Early Head Start

LIFT Program
(LIFT-Low Income First Time Mothers)

Contact us for more information on the programs listed please call us at: (888) KIDS-025 or (888) 543-7025
Dial 7-1-1 for TTY users
EMAIL: psdsupport@psd.sbcounty.gov
Visit our website to find the location nearest you at: www.sbcounty.gov/PSD
Like us on Facebook at Facebook.com/SBCPSD to follow current news and events
Scan the tag to find a location nearest you

**INTERESTED?**
Please complete this section:
(information is kept confidential)

Name ____________________________________________
Address _________________________________________
City _____________________________________________
Phone No. ________________________________________
E-mail: __________________________________________
How many weeks pregnant: ________________________
Due Date: ________________________________________
Is this your first pregnancy?
☐ Yes ☐ No

IF REFERRAL IS FROM AN AGENCY PLEASE FILL IN:

Agency Name: __________________________________
Contact Person: _________________________________
Agency Phone No.: _____________________________

Fax: (909) 887-7260
or mail to:
Preschool Services Department
Attn: LIFT program
662 S. Tippecanoe Avenue
San Bernardino, CA 92415

**BENEFITS:**
- Healthy pregnancy
- Healthy delivery
- Build a strong support network
- Create a safe place for baby
- Referrals for mental health issues & disabilities
- Continue your education
- Set goals for yourself and your family’s future

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11-21801-611
The LIFT Program provides pregnant women prenatal education, support and empowerment to have the healthiest pregnancy possible.

These free services are provided through family visits in your home by a Registered Nurse. During the visit the pregnant woman is given information on fetal and infant development. The Nurse will continue to visit you until your baby is six weeks old or longer, if there is a health risk.

After that, the Registered Nurse or a Family Advocate will continue to support you and your infant by promoting a strong bond between the parent and child as well as teach you how to maximize your infant's health and development.

- Mother/Infant Health Assessments
- Social/Emotional Support
- Community Resources
- Health Promotion & Treatment
- Nutrition & Exercise
- High-Risk Pregnancy
- Fetal Development
- Childbirth Preparation
- Breastfeeding Support
- Postpartum Care
- Postpartum Depression
- Education & Career Planning
- Substance Abuse (Prevention & Access to Treatment)
- Home & Child Safety

The LIFT Program is funded by the Mental Health Services Act (Proposition 63). Services provided in collaboration with the San Bernardino County Department of Behavioral Health.

What are the requirements to qualify?

- You must be a Pregnant Woman (any age)
- Provide proof of income within below guidelines

**2015 Poverty Guidelines for the 48 Contiguous States and the District of Columbia**

<table>
<thead>
<tr>
<th>Persons in family/household</th>
<th>Poverty guideline</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$11,770</td>
</tr>
<tr>
<td>2</td>
<td>$15,930</td>
</tr>
<tr>
<td>3</td>
<td>$20,090</td>
</tr>
<tr>
<td>4</td>
<td>$24,250</td>
</tr>
<tr>
<td>5</td>
<td>$28,410</td>
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<tr>
<td>6</td>
<td>$32,570</td>
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<tr>
<td>7</td>
<td>$36,730</td>
</tr>
<tr>
<td>8</td>
<td>$40,890</td>
</tr>
</tbody>
</table>

For families/households with more than eight persons, add $4,160 for each additional person.