



List of Resources/Criteria for Haitian Families

Home Visitation programs for Pregnant Mothers/Families with Infants

- **Healthy Families** offers free education and resources through home visitation with income eligible families in Marion County. **Healthy Families with MCPHD** has 6 Haitian Creole-speaking home visitors. That program covers the following zip codes and can enroll pregnant persons or those who just recently gave birth (up to 3 months PP to enroll)
 - 46113, 46204, 46205, 46216, 46217, 46218, 46219, 46220, 46221, 46226, 46229, 46231, 46235, 46236, 46237, 46239, 46240, 46241, 46250, 46256, 46259
 - <https://marionhealth.org/programs/population-health/community-based-care/healthy-families/>
 - Or call 317-221-2349
- **Healthy Families with Healthnet** has 2 Haitian Creole Speaking Home visitors. Same guidelines, but they cover these zip codes:
 - 46107, 46201, 46203, 46225, 46227
 - Call 317-957-2600
- **Healthy Families with The Villages** – has at least 1 Haitian Creole speaking home visitor, and they cover the rest of the Marion County zip codes
 - 46077, 46202, 46208, 46214, 46222, 46224, 46228, 46234, 46254, 46260, 46268, 46278
 - Call 317-775-6500 or go to <https://villageskids.org/services/healthy-families/> to fill out the form.
- **Nurse Family Partnership** offers free home visitation with a registered nurse to first time, low-income families. They do not currently have any Haitian Creole-speaking nurses but can utilize interpreters.
 - Must be less than 28 weeks pregnant at time of enrollment
 - No previous live births
 - Medicaid/WIC eligible
 - Live in one of the 62 Indiana counties where the program is offered (all of Marion County is covered for eligibility).
 - Call 317-524-3999 or go to <https://goodwillnfp.org/> to fill out an enrollment form.

- **Indianapolis Healthy Start** offers education, home visits, referrals, and support services to pregnant women and their families in certain Marion County zip codes. They do not have any Haitian Creole-speaking case managers at this time but can utilize interpreters and they do have a Spanish-speaking case manager. All classes and services are free.
 - In-home case management offered in zip codes 46201, 46202, 46205, 46218, 46219, 46222, 46224, 46229, 46241, 46254, 46260
 - Health education classes are open to anyone in Marion County. These include:
 - Safe sleep classes where families can get a pack n play
 - Breastfeeding classes in partnership with the Indiana Black Breastfeeding Coalition
 - Parenting classes
 - Call 317-221-2317 for information on signing up for case management or classes

Additional Family Support Services

- **Firefly's Community Partners for Child Safety** has 2 Haitian Creole-speaking case managers. This program is for anyone who needs some extra help and resources, has a child under 18, and is not involved with DCS or Healthy Families.
 - <https://fireflyin.org/programs-services/child-abuse-prevention/community-partners-for-child-safety/> and click the link "Refer a family or your own"
 - Firefly also offers a safe sleep class in Haitian Creole once a month, but it is usually full pretty quickly.
 - Call 317-870-3267 for info on the safe sleep classes.
- **Marion County Public Health Department (MCPHD)** has a Haitian Creole speaking home visitor with our **community-based care program**. CBC offers a variety of services.
 - <https://marionhealth.org/programs/population-health/community-based-care/>
- **MCPHD Social Work Dept** also has 12 social workers who can do free home visits for anyone in Marion County. They don't have any Creole-speaking staff but can utilize interpreter services for those visits. They do have a Spanish-speaking social worker though if families speak Spanish
 - <https://marionhealth.org/programs/population-health/social-work/> or call 317-221-2364 to make a referral
 - Referral link for providers: <https://mcphdredcap.hhcorp.org/surveys/?s=J9T3H9MCFXCFRTRW>

- **National Maternal Mental Health Hotline** has interpreters for 60 languages for moms or dads struggling with perinatal postpartum or depression.
 - Call or text 1-833-TLC-MAMA (852-6262) 24/7
- **WIC** is available for women who are pregnant or families with children 5 and under. WIC has one Haitian Creole speaking staff member but can utilize phone interpreters as needed.
 - Here is the WIC program booklet and it can be translated in the upper right corner into Spanish, Burmese, Hakha Chin, Creole, and Arabic.
<https://indiana.wicresources.org/program-booklet-for-participants/>
 - Map of WIC offices in Indiana. Click on a county to see locations and contact info <https://www.in.gov/health/wic/wic-clients/>
- **The Haitian Association of Indiana** is always a good point of contact for any needs, as they have direct contact with lots of families and they put on health fairs, community events etc.
 - https://haindy.org/?gclid=Cj0KCQjwv7O0BhDwARIsAC0sjWM6mHylwHkk5lt6BMo4moxEacy_agrMU_HBOpGCHn40i4PdG5wO7DwaAv3AEALw_wcB
 - 4330 N Post Rd Indianapolis, IN 46226 is their office and they're offering services for families at their office again after remodeling the building.
- **The CHIP Handbook of Help** is available in Haitian Creole. On this page, if you scroll down a bit and look on the right-hand side, it has "Resources" then "Handbook of help - Haitian Creole"
 - <https://www.chipindy.org/need-help/>
- **Children's Bereavement Center** offers a virtual grief group in Haitian Creole. Free, for all ages. Info here:
 - <https://childbereavement.org/creole/>
- **Dieudonne Foundation** offers services for families including:
 - Doula services (60% of their doulas speak Haitian Creole)
 - Free childbirth ed classes
 - Doula training and certification
 - Support for families who experienced fetal or infant loss
 - Ensuring accessible care
 - Connections to resources for families
 - <https://dieudonnefoundation.org/>
- **Jaspen Staffing** has worked with Haitian immigrants in the past on finding work. Assuming this is still the case, their website is below and you could reach out for more info:
 - <https://www.jaspenstaffing.com/contact/>

- The **Nan Lakou Indiana** Facebook group is a local Indianapolis page for the Haitian community where people will post rooms for rent, resources, job opportunities etc.

Legal Resources

- **The Immigrant Welcome Center** utilizes the findhelp.org platform and can translate the resources into multiple different languages. They have legal resources, healthcare resources, education, work, help with utilities etc. all on that platform. Not sure how often things are updated though.
 - <https://immigrantwelcomecenter.findhelp.com/>
 - The Immigrant Welcome Center also offers English language support, legal support, other immigrant support as well.
- **Exodus Refugee** is offering legal help right now as part of their program.
 - Intake hours are Tuesday 2-4 and Thursday 10-12. They have limited spots for the intake unfortunately but are doing their best to meet community needs. Intake is at their office 2457 E Washington St, Suite A
 - <https://www.exodusrefugee.org/>
 - They do charge a fee but I'm not sure of the price
- **National Immigrant Justice Center** has opened an Indianapolis office at 615 N Alabama St Suite 426
 - <https://immigrantjustice.org/about-nijc>
 - They can help with a wide range of immigration concerns including asylum, applications for citizenship, permanent residence and visas, LGBTQ immigrants, detained immigrants, unaccompanied minor children and more.
 - Unsure of pricing but it says services for low income immigrants.
- **Neighborhood Christian Legal Clinic** offers free and low cost legal resources for immigrant families.
 - <https://www.nclegalclinic.org/>
 - Families can call the intake line at 317-676-9575 at 9 AM on the first and third Monday of the month to make an appointment for the Wednesday of that week. More info is on the website. Only 4 appointments available each Wednesday.
- **Indiana Legal Services Immigrants' and Language Rights Center**
 - <https://www.indianalegalservices.org/ilrc/>
 - Call 1-844-243-8560 Monday through Thursday 10-2 or go to the website. It says they have an online application but I couldn't find it.
- **National Immigrant Law Center** offers updates and information in multiple languages about Know your Rights, the Noncitizen registry, and other resources

- <https://www.nilc.org/resources/>
- **Congressman Andre Carson's office** has been dedicated to helping provide resources for our immigrant community in Indiana district 7. Here is a list of Immigrant Rights from his page, available in multiple languages. His office's contact info is also on this page.
 - <https://carson.house.gov/know-your-rights-immigrants-rights>
- **Refugees International** has this article explaining the Termination of Parole for various countries and statuses. It's available in multiple languages and they're trying to keep it updated weekly with information as it's released
 - <https://www.refugeesinternational.org/explainer-on-termination-of-parole/>

English Language Classes in Indianapolis

Link to map of all classes around Indy. List is subject to change so please verify info before referring families!

<https://indianapolisenglishclasses.com/index.php/map/>

Indy Reads

- online, in-person and hybrid
- for speakers at all levels
- Free
- Online form is available in 15 languages
- <https://indyreads.org/programs/english-language-learners-ell/>

Walker Career Center at Warren

- 10502 E. 21st Street
- Free, but one-time \$30 technology fee up front
- Must go in person to register
- Not specific to one language, so some beginner English might be necessary
- <https://info-graph.venngage.com/pl/Y6LWC9MsFdk>

Pathway to Literacy Program with Immigrant Welcome Center

- 15 week course
- Oral language development, reading, and phonics
- Referral form and class schedule:
<https://www.immigrantwelcomecenter.org/pathwaytolit/>

Indianapolis Public Library works with the Pathway to Literacy program, and they also have some Spanish resources as well as citizenship classes

<https://www.indypl.org/services/immigrant-services>

- They were previously also doing English conversation circles but may have to check library website to see if these have restarted. These were in Spanish, but maybe they'd be willing to start one for Haitian Creole?

Wayne Township Adult Education

- Multiple west side locations available with morning and evening classes
- Says it doesn't matter what your native language is, you can sign up
- Online options available
- Unsure of price
- <https://adulted.info/ell-2/>

Washington Township

- Open to all adults regardless of English level
- They do a test at the beginning to see which class level you need to be in. once assigned to a class, you'll get a schedule.
- Info here: <https://www.indyadulted.com/english-classes>

Blue River Career Programs Adult Education

- Indianapolis classes are Monday and Wednesday 1:15-3:15 or 5:30-8:00
- Southeast Community Services at 901 Shelby St 46203
- Not a ton of info on this one, so I'm not sure if it's all languages or not
- <https://blueriveradulted.com/esl/>

Mary Rigg Neighborhood Center

- Free, in partnership with Marian University
- Says it's for all levels and all ages
- Mondays and Wednesdays 6-8 PM
- 1920 W Morris St 46221
- <https://www.maryrigg.org/what-we-do/employment-enrichment-services/english-language-learners-2/>

Faith International

- English classes for adults
- Tuesday 7-9 PM
- All levels, beginner to advanced
- \$50

- Free childcare for babies through 8th grade
- 9125 N College Ave 46240
- Registration is first come, first serve. Next class series starts August 2024
- <https://faithchurchindy.com/outreach/local-outreach/english-classes/learn-english/>

Central Nine Adult Education

- All levels of English
- Unsure of cost or other details, website is kind of vague
- 1999 US 31 South, Greenwood
- <https://centralnineadulthood.org/ell-classes/>

Catholic Charities employment and job readiness

- Helps refugees with assistance around employment and this can include referring for English classes.
- A list of services they offer for immigrant and refugee families is here: <https://www.archindy.org/cc/refugee/programs.html>

Info for Providers Working with Haitian Families

- **Minnesota Dept of Health** has some great trainings, translated materials, information on Haitian history, clinical guidance and so on. Here is their info:
 - Haitian Clinical Guidance
<https://www.health.state.mn.us/communities/rih/coe/clinical/haitian.html>
 - Trainings (scroll down to Haitians but also lots of other really good webinar recordings)
<https://www.health.state.mn.us/communities/rih/coe/webinars.html#haitian>
- **CDC's Hear Her Campaign** has some of their materials translated into multiple languages including Haitian Creole. This is info on urgent maternal warning signs and when to call a provider
 - Conversation Guide for postpartum women
<https://www.cdc.gov/hearher/campaign-resources/conversation-guide-pregnancy.html>
 - Conversation Guide for families and partners
<https://www.cdc.gov/hearher/campaign-resources/conversation-guide-partners.html>

- Urgent Maternal Warning Signs poster
<https://www.cdc.gov/hearher/hcp/toolkit/warning-signs-educational-materials.html>
- **CDC milestone checklists** for children up to age 5. Available in multiple languages
 - <https://www.cdc.gov/ncbddd/actearly/freematerials.html>
 - Also available in Haitian Creole on this same page are “How to Help Your Child,” and “How to Talk with the Doctor”
- **Additional CDC materials translated to Haitian Creole**
 - Carbon Monoxide poisoning: www.cdc.gov/carbon-monoxide/media/pdfs/campaign_flyer_ht.pdf
 - Putting on PPE: https://www.cdc.gov/bird-flu/media/pdfs/2024/11/put-on-ppe_haitian.pdf
 - Wear PPE: https://www.cdc.gov/bird-flu/media/pdfs/2024/11/wear-ppe_haitian.pdf
 - Remove PPE safely: https://www.cdc.gov/bird-flu/media/pdfs/2024/11/remove-ppe_haitian.pdf
 - Food safety after a power outage: <https://www.cdc.gov/food-safety/communication-resources/eat-safe-food-after-a-power-outage.html>
 - Protect Yourself from Heat Stress for workers: <https://www.cdc.gov/niosh/docs/2010-114/>
 - Having an Asthma Action plan: <https://www.cdc.gov/asthma/action-plan/actionplan-ht.html>
- **Medline Plus** has a whole library of translated resources.
 - <https://medlineplus.gov/languages/haitiancreole.html>
- **National Institute for Children’s Health Quality (NICHQ)** Myth vs Fact Breastfeeding and Safe Sleep in multiple languages including Haitian Creole
 - <https://nichq.org/downloadable/safe-infant-sleep-and-breastfeeding-myths-and-facts/>
- **Ryan White Indy** resources for those living with HIV. The program brochure is available in Haitian Creole on this page, but the website also has additional information on who qualifies for services through this program.
 - <https://ryanwhiteindy.org/resources/>

- **Count the Kicks** app is available in Haitian Creole (and lots of other languages). This is for pregnant individuals to be able to monitor their baby's movement and notice any changes so they can report concerns to their provider.
 - <https://countthekicks.org/>
 - On the website, if you go to "order materials" you can get free promotional info for your office or for patients in English, Spanish, Burmese, and Haitian Creole here in Indiana
- **Global Health Media** has videos in Haitian Creole (spoken, not just subtitled) on breastfeeding, danger signs in the newborn, jaundice, breast engorgement, increasing milk supply etc. Other languages are available as well.
 - https://globalhealthmedia.org/video/?_language=haitian-creole&~1

Intimate Partner Violence

- **Boston Medical Center** has some brochures educating about domestic violence available in multiple languages. The services are unfortunately only available to those in the Boston area, but the information is still helpful and the national domestic violence hotline info is on the back and that program has interpreters available for anyone who calls needing help.
 - <https://www.bmc.org/domestic-violence-program>
- **National Domestic Violence Hotline**
 - Call or text 1-800-799-SAFE (7233), interpreters available
 - Website for resources: <https://www.thehotline.org/get-help/directory-of-local-providers/>
- **Firefly** also has a domestic violence treatment and support program. They have this in English and Spanish, so if any families also speak Spanish, they could utilize this service.
 - <https://fireflyin.org/programs-services/recovery/domestic-violence-services/>

Additional Handouts

The Indianapolis Healthy Babies-Fetal Infant Mortality Review has been seeing a concerning trend in both fetal and infant losses among Haitian families in Marion County Indiana. As part of the FIMR community action team, our Haitian Families work group has been meeting for 2 years to discuss ways we can support Haitian immigrant families in an attempt to lower the fetal and infant mortality rate, as well as connect families with much needed resources. This group consists of members from the Marion County Public Health Department, home visitation programs, several federally qualified health centers throughout the city, larger hospital systems, and community organizations. This packet, along with the following handouts, are just some of the things we've collected and used with our families during the past 2 years.

Pg 11-12 – Safe sleep in Haitian Creole (NY Dept of Health)

Pg 13-14 – Safe sleep in English (for comparison. More local info and data available at <https://www.in.gov/health/safesleep/safe-sleep/resources/>)

Pg 15-16 – Basic Car Seat Safety in Haitian Creole (Safe Kids Worldwide – couldn't find an English version of the handout for comparison but more info is available at <https://ucsg.safekids.org/>)

Pg 17 – Be Careful Who Cares for Your Child in Haitian Creole (Prevent Child Abuse New York – couldn't find an English version of the handout, but more info available at <https://www.nyc.gov/site/acs/child-welfare/be-careful-who-cares-for-your-child.page>)

Pg 18 – Firefly Safe Sleep classes registration flyer in Haitian Creole. Scan the QR code to help families register and be sure to choose the correct class for English, Spanish or Haitian Creole.

Pg 19 – Edinburgh Postpartum Depression Scale in Haitian Creole

Pg 20-21 – Healthnet OBGYN and Midwifery services brochure in Haitian Creole

Pg 22-23 – Healthnet OBGYN and Midwifery services brochure in English for comparison

Pg 24-25 – Fair Housing Center of Central Indiana Know Your Fair Housing Rights in English and Haitian Creole. Additional housing rights info in other languages can be found here: <https://www.fhcci.org/about/publications/>

Pg 26-28 – Common Phrases in Haitian Creole

Pg 29 – Haitian Creole grief group through Children's Bereavement Center info flyer Pg

30 – Mental Health Resources for New Parents in Marion County in English

Pg 31 – Mental Health Resources for New Parents in Marion County in Haitian Creole

Pg 32-35 - Immigrant Rights as it relates to HUD housing programs (as of June 2025)

Lòt Ti Konsèy

KÈK TI KONSÈY

- Itilize yon kouchèt konplè oswa kouvèti li ka mete sou li tankou rad. Pa itilize kouvèti ki lach.
- Asire tibebe a pa twò cho.
- Bay tibebe ou tete.
- Eseye itilize yon tetin pou tibebe ou dòmi, men pa fòse li pran tetin nan.
- Vaksinen tibebe ou.
- Si tibebe ou devan oswa dèyè yon pòt-bebe, asire figi tibebe a toujou vizib.
- Pa janm itilize yon chèz vwati, balanswa bebe, materyèl pou pote bebe oswa lòt pòt-bebe san ou pa byen tache tout bretèl yo. Tibebe bloke nan bretèl ki tache anpati epi yo mouri.
- Asire moun pa fimen lakay ou oswa toutotou tibebe ou.
- Pa bwè alkòl oswa pa pran dwòg.
- Pa konte sou entèfòn tibebe a lakay ou.



Asire
tout moun
k ap pran swen
tibebe ou
swiv ti konsèy
sa yo!

health.ny.gov/safesleep



Department
of Health

Office of Children
and Family Services

Department
of State

Division of
Consumer Protection

Swiv



ABC

Somèy an Sekirite



A Alone (Poukont Li).

Tibebe a ta dwe dòmi **Poukont li**.

B Back (Sou do).

Mete tibebe a sou **Do li**.

C Crib (Kabann Timoun).

Mete tibebe a nan yon **Kabann Timoun ki pwoteje**.

★ Poukont Li.

★ Sou Do.

★ Kabann Timoun.

Apeprè 90 tibebe mouri chak ane nan Eta New York akòz pwoblèm ki gen pou wè ak dòmi. Apre tibebe ou fè, ede li dòmi an sekirite chak fwa li kòmanse dòmi.

POUKONT LI

- Mete tibebe a sou do li pou li dòmi – menmsi tibebe a te fèt bonè (anvan lè).
- Tibebe ou pa ta dwe dòmi avèk adilt oswa lòt timoun.
- Dòmi nan menm chanm, pa sou kabann ou. Si ou dòmi nan menm chanm avèk tibebe ou sa ap pèmèt siveye tibebe ou deprè pandan w ap evite aksidan ki ta ka rive lè tibebe a ap dòmi sou yon kabann adilt.
- Ou pa ta dwe mete anyen nan kabann timoun nan, sof tibebe a; pa mete zòrye, bòdi pou pwoteje tibebe a, kouvrelti oswa jwèt.



SOU DO

- Mete tibebe a dòmi sou do, men pa ni sou vant ni sou kote.
- Mete tibebe ou sou vant li chak jou lè tibebe a je klè. Gade tibebe w la epi ankouraje li. “Tan sou vant” ede tibebe a devlope miskilati solid nan zèpòl ak nan kou.



KABANN TIMOUN

- Si tibebe a pran somèy sou yon kabann, kanape, fotèy, oswa sou yon echap pou pote bebe, balanswa oswa lòt pòt-bebe, mete li sou yon kabann bebe pou li fin dòmi.
- Itilize yon kabann timoun/bèsò/pak tibebe apwouve* ki gen yon matla solid ak yon dra fouwo.
- PA ITILIZE BÈSO KI KA LOUVRI SOU KOTE. Estanda sekirite federal yo pa pèmèt yo fabrike oswa vann bèso ki ka louvri sou kote yo.
- Avan ou achte oswa itilize nenpòt kabann timoun/bèsò/pak tibebe, gade sou lis rapèl CPSC a nan: www.cpsc.gov/Recalls/ pou w ka sèten yo pa te raple li.

**Pou sekirite kabann bebe a, ale nan Komisyon Sekirite Pwodui Konsomasyon: www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Cribs*

Other Tips

TIPS

- Use a one-piece sleeper or wearable blanket. Don't use loose blankets.
- Be sure baby is not too warm.
- Breastfeed your baby.
- Try using a pacifier for sleep but don't force baby to take it.
- Get your baby immunized.
- If your baby is in a front or back baby carrier, be sure that baby's face is always visible.
- Never use a car seat, baby swing, carriage or other carrier without properly fastening all the straps. Babies have been caught in partially fastened straps and died.
- Make sure no one smokes in your home or around your baby.
- Don't use alcohol or drugs.
- Don't rely on home baby monitors.

Make sure
everyone
caring for
your baby
follows
these tips!

health.ny.gov/safesleep



Department
of Health

Office of Children
and Family Services

Department
of State

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Consumer Protection

Follow the **ABCs** of Safe Sleep



A Alone.

Baby should sleep **Alone**.

B Back.

Put baby on their **Back**.

C Crib.

Put baby in a safe **Crib**.

★ Alone.

★ Back.

★ Crib.

About 90 babies die each year in New York State from sleep-related causes. Right from the start, help your baby sleep safely every time sleep begins.

ALONE

- Put baby on their back to sleep – even if baby was born early (premature).
- Your baby should not sleep with adults or other children.
- Share your room, not your bed. Room-sharing lets you keep a close watch over your baby while preventing accidents that might happen when baby is sleeping in an adult bed.
- Nothing should be in the crib except baby; no pillows, bumper pads, blankets or toys.



BACK

- Put baby to sleep on their back, not on their tummy or side.
- Put your baby on their tummy every day when baby is awake. Watch and encourage your baby. “Tummy time” helps baby develop strong shoulder and neck muscles.



CRIB

- If baby falls asleep on a bed, couch, armchair, or in a sling, swing or other carrier, put baby in a crib to finish sleeping.
- Use a safety-approved* crib/bassinet/play yard with a firm mattress and a fitted sheet.
- **DO NOT USE A DROP-SIDE CRIB.** Federal safety standards do not allow drop-side rail cribs to be made or sold.
- Before you buy or use any crib/ bassinet/play yard check the CPSC recall list at: www.cpsc.gov/Recalls/ to make sure it has not been recalled.

**For crib safety, go to the Consumer Product Safety Commission:*
www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Cribs

SEKIRITE DEBAZ POU CHÈZ MACHIN

Asire ke ou mete senti sekirite w byen nan chak depasman!

**SAFE
KIDS**
WORLDWIDE™

Tout timoun yo dwe itilize yon chèz pou machin, chèz ki ka tache oubyen senti sekirite.

- Pitit mwen an toujou chita nan yon chèz dèyè e li pa janm devan yon sak gonflab (airbag).
- Tout moun nan machin mwen an mete senti sekirite yo nan chak sòti, yo itilize bon chèz machin nan, chèz ki ka tache oubyen senti sekirite pou laj ak gwosè chak moun.
- Chèz machin pitit mwen an gen tout pyès, etikèt ak enstriksyon yo e li pa janm nan yon aksidan.
- Mwen swiv enstriksyon pou machin mwen an ak chèz machin mwen an pou pitit mwen an ka pase senti li byen epi byen sere.
- Chèz machin pitit mwen an pa t janm nan yon aksidan.
- Mwen pa janm kite pitit mwen pou kont li nan yon machin.



Itilize [Dènye Gid Chèz Machin](https://www.safekids.org/ultimate-car-seat-guide) ou an pou enfòmasyon sou tout bezwen pou chèz machin ou yo.

www.safekids.org/ultimate-car-seat-guide

Ti bebe ki gen mwens pase 2 an itilize chèz machin ki bay fas yo dèyè

- Pitit mwen an toujou chita nan yon chèz dèyè e li pa janm devan yon sak gonflab (airbag).
- Pitit mwen an toujou deplase nan yon chèz machin ki fèt pou gwozè l ak laj li.
- Pitit mwen an chita ak fas li ki bay nan do machin nan, nan chèz li.
- Bouk yo rete byen sou pitit mwen an, e mwen ka pense bouk la nan zepòl la.
- Chèz pitit mwen an tache byen sere nan machin nan e li pa bouje pou plis pase yon pous (2.54 santimèt) lè m rale l kote chèz la boukle/tache a.
- Pitit mwen an itilize yon chèz machin ki pi gwo ki bay fas nan dèyè machin nan jiskaske li vin depase bouk la. Anpil ekipaj ale jiska 35 liv (15.88 kg), 40 (18.14 kg), a 45 liv (20.41 kg).
- Mwen pa janm kite pitit mwen pou kont li nan yon machin.



Timoun piti ak gran timoun yo itilize chèz machin ki bay fas devan ak yon atach anlè

Si pitit mwen an gen plis pase 2 an E li depase limit pwa oubyen wotè pou bay fas dèyè a:

- Pitit mwen an toujou deplase nan yon chèz dèyè.
- Pitit mwen an toujou deplase nan yon chèz machin ki fèt pou gwozè l ak laj li.
- Bouk yo rete byen sou pitit mwen an, e mwen ka pense bouk la nan zepòl la.
- Chèz pitit mwen an tache byen sere nan machin nan e li pa bouje pou plis pase yon pous (2.54 cm) lè m rale l sou bò senti a. Mwen itilize atach anlè a.
- Pitit mwen an itilize chèz machin sa jiskaske li vin depase senti a. Anpil senti rive jiska 50 liv (22.68 kg) oubyen plis.



Timoun ki pi gran yo itilize chèz ki ka tache ki gen senti sekirite pou jenou ak zepòl

Si pitit mwen an depase limit pwa oubyen wotè pou chèz ki bay fas dèyè yo:

- Pitit mwen an toujou deplase nan yon chèz dèyè.
- Pitit mwen an toujou deplase sou yon chèz ki ka tache ki itilize yon senti sekirite pou jenou ak zepòl.
- Senti jenou an desann sou tay li, pa sou vant li.
- Senti zepòl la sou zepòl pitit mwen an – pa sou kou l, anba bra a oubyen dèyè do a.
- Senti sekirite a byen rete, li plat epi li konfòtab pou pitit mwen an.
- Pitit mwen an ka genyen ant 8-12 an anvan senti sekirite a rete byen san li pa tache.



Timoun ki prè pou senti sekirite

Si pitit mwen an depase chèz ki ka tache a:

- Pitit mwen an toujou deplase nan yon chèz dèyè jiska laj 13 an.
- Pitit mwen an toujou itilize yon senti sekirite pou jenou ak zepòl.
- Senti jenou an chita sou tay li, pa sou vant li.
- Senti zepòl la sou zepòl pitit mwen an – pa sou kou l, anba bra a oubyen dèyè do a.
- Do pitit mwen an rete fèm kont do chèz machin nan, jenou l koube sou pwent chèz machin nan, e li ka chita nan fason sa pou tout deplasman an.
- Senti sekirite a byen rete, li plat epi li konfòtab pou pitit mwen an. Si senti sekirite a pa rete byen, pitit mwen an dwe itilize yon chèz ki ka tache.



SEKIRITE TIMOUN: PRAN PREKOSYON OU AK MOUN K AP PRAN SWEN PITIT OU

CHILD SAFETY: BE CAREFUL WHO CARES FOR YOUR CHILD

Lè paran yo ap chwazi yon moun pou pran swen pitit yo, yo ta dwe chwazi yon moun ki:

- Gen eksperyans nan pran swen tibebe ak tibebe ki fèk ap mache
- Pasyan ak adilt ase pou pran swen yon tibebe ki difisil, eksite twòp oswa k ap kriye
- Rekonèt li toujou dwe siveye jenn timoun yo
- P ap janm sekwe yon timoun, frape li, rele sou li, pase li nan tenten, oswa refize ba li manje kòm pinisyon
- Pa bwè alkòl oswa pa pran dwòg, oswa gen zam, epi ki p ap mete bòkote yon timoun lòt moun ki kapab ap bwè, pran dwòg oswa vann dwòg, oswa gen zam.

Genyen siy ki montre kijan yon moun k ap pran swen timoun kapab danjere, tankou yon moun ki:

- Ankòlè oswa ki pa pasyan ditou lè timoun yo fache souvan, ap kriye oswa gen move konduit
- Vyolan ak/oswa renmen kontwole patnè yo
- Gwosye fizikman oswa vèbalman avèk timoun
- Yon moun ki bwè alkòl ak pran dwòg, tankou mariwana
- Ap itilize medikaman sou preskripsyon ki gen move efè segondè oswa ki fè yo toujou anvi dòmi
- Pa merite konfyans pou okenn rezon

Kèlkeswa jan ou santi ou ankòlè oswa fwistre, tibebe ou oswa jenn tibebe ou ap kriye, epi kèlkeswa jan l ap kriye, pa janm sekwe tibebe ou oswa jenn tibebe ou. Si sekwe yon timoun sa kapab lakòz li senyen nan sèvo ki kapab domaje li oswa menm touye li. Li pran sèlman kèk segonn pou sekwe yon tibebe epi pou nui yon fason grav devlopman sèvo yon tibebe.

- Pa Janm Sekwe Tibebe Ou
- Asire li pa grangou, imid, frèt oswa cho
- Ofri li yon tetin
- Pwomennen ak tibebe ou kenbe sou ou nan bra ou oswa nan yon pòt-bebe. Pale pou li oswa chante pou li.
- Rele yon zanmi, yon manm fanmi oswa yon vwazen ou fè konfyans pou pale ak li oswa mande yon moun pou vini pou akonpaye ou
- Lè tout lòt bagay ou fè pa efikas, mete tibebe ou nan bèso li. Asire li pwoteje. Tcheke li apeprè chak senk minit. Li pi bon pou kite tibebe ou kriye pase pou fè yon bagay ki kapab nuizib pou li sispann kriye

Resous

- Liy Dirèk pou Paran rele nan 800-342-7472 oswa ale nan sit wèb www.preventchildabuseny.org
- Liy Dirèk pou rele Safe Horizon pou Vyolans nan Kay 800-621-HOPE (800-621-4673), TDD (Moun ki Mal pou Tande) 866-604-5350
- Sant Kriz Nouyòk pou Fanmi Timoun yo Jwenn nan 888-435-7553 www.nyfoundling.org/crisis-nursery
- Èd pou depresyon, pwoblèm alkòl ak pwoblèm dwòg, 800-LifeNet (800-543-3638)
- Pou rapòte abi ak neglijan ki fèt sou timoun, rele 800-342-3720 oswa 311

Ou ka repoze pi fasil lè tibebe ou a ap dòmi
an tout sekirite



Poukont yo, sou do, nan yon bèsò oswa sou yon ti panye

Moun ki patisipe nan kou yo ap genyen yon
Dwe gen omwen 30 semèn ansent oswa gen yon timoun ki pa ko gen 1 lane



**Eskane kòd QR la pou w enskri pou
yon kou 317-870-3267.**



Enfòmasyon sou CPCS Firefly



**Videyo sou Kenbe Tibebe w
yo an Sekirite**

FIREFLY 
Children & Family Alliance™

 **Community Partners**
FOR
Child Safety

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS - Haitian Creole)

Non: _____ Nimewo telefòn: _____ Dat: _____

Dat limit: _____ Dat Akouchman: _____ Doktè: _____

Si ou prèske akouche oswa ou fenk akouche, nou ta renmen konnen ki jan ou santi ou. Tanpri **ANSÈKLE** repons ki pi rapwoche ak jan ou te santi ou nan **7 JOU KI SOT PASE YO**, pa sèlman jan ou santi ou jodi a.

EGZANP: *Mwen te santi m kontan:*

- 0 Wi, tout tan
- 1 Wi, pi souvan
- 2 Non, pa trè souvan
- 3 Non, pa ditou

Nan 7 jou ki sot pase yo:

1. Mwen te kapab ri epi wè pati komik nan bagay yo.

- 0 Wi, tout tan
- 1 Pa tèlman kounye a
- 2 Definitivman pa tèlman kounye a
- 3 Pa ditou

2. Mwen te ap tann bagay yo ak enpasyans.

- 0 Otan ke mwen te toujou konn fè
- 1 Mwens pase anvan
- 2 Definitivman mwens pase anvan
- 3 Prèske pa ditou

3. * Mwen te blame tèt mwen san nesite lè bagay yo te ap mache mal.

- 3 Wi, pi souvan
- 2 Wi, kèlkefwa
- 1 Pa souvan
- 0 Non, jamè

4. Mwen te preyo kipe oswa enkyete san rezon valab.

- 0 Non, pa ditou
- 1 Prèske jamè
- 2 Wi, pafwa
- 3 Wi, ase souvan

5. * Mwen te santi mwen pè oswa panike san rezon.

- 3 Wi, ase souvan
- 2 Wi, pafwa
- 1 Non, pa anpil
- 0 Non, pa ditou

6. * Bagay yo kòmanse depase mwen.

- 3 Wi, pi souvan mwen pa t ka fè fas ak sitiyasyon an
- 2 Wi, Pafwa mwen pa debwouye mwen osi byen ke dabitid
- 1 Non, pi souvan, mwen debwouye mwen trè byen
- 0 Non, mwen toujou debwouye mwen osi byen.

7. * Mwen te tèlman tris mwen te gen difikilte pou dòmi.

- 3 Wi, pi souvan
- 2 Wi, pafwa
- 1 Non, pa souvan
- 0 Non, pa ditou

8. * Mwen te santi mwen tris oswa mizerab.

- 3 Wi, pi souvan
- 2 Wi, pafwa
- 1 Non, pa souvan
- 0 Non, pa ditou

9. * Mwen te tèlman tris ke mwen te kriye.

- 3 Wi, pi souvan
- 2 Wi, ase souvan
- 1 Sèlman okazyèlman
- 0 Jamè

10. * Lide pou fè tèt mwen mal te travèse lespri mwen.

- 3 Wi, byen souvan
- 2 Pafwa
- 1 Prèske jamè
- 0 Jamè

Eske ou:

- a) Bay tete sèlman
- b) Nouri tibebe ak ni lèt matènèl ni lèt an poud
- c) Nouri ti bebe ak lèt an poud sèlman

Test Time (Check one):

_____ **Prenatal/Early**
_____ **6 Weeks**
_____ **6 Months**
_____ **Extra**

Safety Plan Completed: _____

Currently in services for depression: Y / N

Date of 6-week postpartum check-up: _____

Sous: Cox, J.L., Holden, J.M., ak Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10 item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 150:782-786

~ Itilize yo ka repwodui echèl la san pèmisyon si yo respekte dwa dotè lè yo site non otè yo, tit la ak sous paye a nan tout kopi ki repwodui yo.

Adrès OB/GYN e akouchèz



- 1 HealthNet Barrington Health & Dental Center**
3401 East Raymond Street
Indianapolis, IN 46203
- 2 HealthNet Downtown Health Center**
1801 North Senate Boulevard, Suite 310
Indianapolis, IN 46202
- 3 HealthNet Martindale-Brightwood Health Center**
2855 North Keystone Avenue, Suite 100
Indianapolis, IN 46218
- 4 HealthNet People's Health & Dental Center**
2340 East 10th Street
Indianapolis, IN 46201
- 5 HealthNet Southwest Health & Dental Center**
1522 West Morris Street
Indianapolis, IN 46221
- 6 HealthNet Speedway Health & Dental Center**
6020 Crawfordsville Road, Suite 102
Indianapolis, IN 46224



Your Health. Our Passion.

SUIV, ZANMI E APRANN PLIS

www.indyhealthnet.org

Facebook: indyhealthnet



Sèvis OB/GYN e akouchèz HealthNet



Swen gwsès



Your Health. Our Passion.



Sèvis OB/GYN e akouchèz

Ansanm, doktè OB/GYN e CNM HealthNet ede nan nesans plis pase 1 200 tibebe chak lane. OB/GYN e CNM nou yo kolabore ansanm pou founi w sèvis swen medikal pi konplè ki genyen. Nou pral travay ansanm avèk ou, pral koute w, e ede w pran desizyon eklere sou sante w nan tout etap nan lavi w.

Sèvis prenatal

Yon doktè OB/GYN pral dirije plan swen ou yo pandan w ansent. Doktè, CNM, e enfimiyè nou yo travay tèt kole pou ofri yon nivo soutyen ou bezwen. Ou gen tout libète pou w chwazi yon doktè medikal, kèlkeswa lè a.

Ekip swen w lan pral revwa enfòmasyon medikal ou yo. Doktè OB/GYN k ap suiv ou a pral detèmine, dapre pwoblèm medikal ou yo e sa w bezwen, chak ki lè w ap gen pou w konsilte avèk yon OB/GYN, CNM oubyen enfimiyè sou sante fanm.

Orè tipik pou konsiltasyon prenatal se chak mwa jouk nan 28 semèn, chak 2 semèn jouk nan 36 semèn, e chak semèn jouk nan nesans. Orè sa gendwa chanje, dapre sa w bezwen.

Sèvis

- Tès gwosès gratis.
- Swen gwosès depi nan konsèy anvan konsepsyon jouk nan gwosès, kouch, e swen apre kouch.
- Konsèy e tès iltrason e tès jenetik.
- Leson fondamantal sou akouchaman e nouvone.
- Leson e konsiltasyon sou alètman.
- Opsyon nan akouchman nòmal e gwosès : doula, chiwopraktè, idwoterapi, nesans nan dlo, masaj terapi, e lòt mezi pou soulaje doulè.
- Opsyon pou kontwòlè doulè tranche (epidural, anestezi nan kolòn vètebral, analjezik nan pèfisyon, e oksid nitre).
- Egzamen sou byennèt fanm, egzamen anyèl, tès pap, egzamen tete, e mamografi.
- Planin fanmilyal e edikasyon sou planin, egzamen, e preskripsyon.
- Opsyon sou planin pèmanan.
- Tès e tretman pou enfeksyon fanm, an kontan enfeksyon nan kannal irinè e maladi ki transmèt nan sèks.
- Evalyasyon / tretman 7 jesyon pwoblèm jinekolojik (fibrom, senyman anòmal).
- Jesyon pwoblèm anvan e apre monopoz e terapi pou ranplasman òmòn.

Ki kote akouchman

Tout akouchman e swen dijans pandan yon gwosès fèt nan Riley Maternity Tower ki nan Riley Hospital. Founisè swen OB/GYN yo disponib 24 sou 24 e 7 jou sou 7 pou tout kesyon ou vle poze oubyen pou pwoblèm ki rive pandan w nan lopital la.

Pou plis enfòmasyon siplemantè sou akouchman nan Riley, gade tanpri nan www.indyhealthnet.org/OBGYN.

Enfòmasyon sou

Kisa yon enfimiyè - akouchèz sètifye (Certified Nurse-Midwife, CNM) ye?

CNM gen fòmasyon nan toude enfimiyè e akouchèz. Akouchèz sètifye nou yo fòme preziman e gen diplòm pou yo founi sèvis konplè sou byennèt e sante bay fanm nan tout etap nan lavi. Yo gen degre gradye, fini yon pwogram edikatif akredite pou akouchèz, e reyisi yon egzamen nasyonal pou sètifikasyon. www.midwife.org

Kisa yon doktè OB/GYN ye?

OB/GYN se espesyalis doktè ki founi swen medikal e chirijikal pou fanm e gen yon ekspètiz presi sou gwosès, akouchman, e maladi sistèm repwodiksyon an. Yo gradye lekòl medikal e kontinye fè 4 lane siplemantè nan rezidans OB/GYN. www.acog.org

Kisa yon enfimiyè pratik ye?

Enfimiyè pratik medikal ki okipe fanm e enfimiyè pratik fanmilyal se enfimiyè ki gen pratik avanse sou fòmasyon pa yo a sou swenyaj fanmi. Yo okipe fanm depi adolesan jouk nan menopoz epi apre. Yo gen diplòm gradyasyon e reyisi egzamen nasyonal pou sètifikasyon. www.npwh.org
www.aanp.org



OB/GYN and Midwifery Locations



- 1 HealthNet Barrington Health & Dental Center**
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Indianapolis, IN 46203
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Indianapolis, IN 46224



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www.indyhealthnet.org Facebook: indyhealthnet



HealthNet OB/GYN and Midwifery Services



Pregnancy Care





OB/GYN and Midwifery Services

Together, HealthNet's OB/GYN Doctors and CNMs help bring more than 1,200 babies into the world each year. Our OB/GYNs and CNMs work collaboratively to provide you with the most comprehensive healthcare services available. We will work with you, listen to you and help you make educated decisions about your health through all the stages of your life.

Prenatal Care

An OB/GYN Doctor will lead the plan of care during your pregnancy. Our Doctors, CNMs, and Nurse Practitioners work together closely to offer the level of support you need. You have the freedom to choose any willing healthcare provider, at any time.

Your care team will review your health information. Your OB/GYN Doctor will determine, based on your medical conditions and needs, how often you will need prenatal checkups by an OB/GYN, CNM or Women's Health Nurse Practitioner.

The typical schedule for prenatal visits is monthly until 28 weeks, every two weeks until 36 weeks, and weekly until birth. This schedule may vary, depending upon your needs.

Services

- Free pregnancy tests
- Pregnancy care from pre-conception counseling through pregnancy, delivery, and postpartum care
- Ultrasounds/genetic counseling/testing
- Childbirth and Newborn Basics classes
- Breastfeeding classes and consultations
- Natural birth and pregnancy options: doulas, chiropractors, hydrotherapy, waterbirth, massage therapy, and other pain relief methods
- Pain control options for labor (epidurals, spinal anesthesia, IV pain meds, and nitrous oxide)
- Well-woman exams, annual exams, pap smears, breast exams, and mammograms
- Family planning and birth control education, exams, and prescriptions
- Permanent birth control options
- Testing for and treatment of female infections, including urinary tract infections and sexually transmitted diseases
- Evaluation/treatment/management of gynecologic problems (fibroids, abnormal bleeding)
- Management of pre- and post-menopausal conditions and hormone replacement therapy

Where We Deliver

All deliveries and emergency care during pregnancy take place at the Riley Maternity Tower located at Riley Hospital.

OB/GYN providers are available 24 hours a day, 7 days a week for any questions or problems that arise while you are at the hospital.

For more information about delivering at Riley, please visit www.indyhealthnet.org/OBGYN.

About Us

What is a Certified Nurse-Midwife (CNM)?

CNMs are educated in both nursing and midwifery. Our Certified Nurse-Midwives are specially trained and licensed to provide a comprehensive range of wellness and health services for women in all stages of life. They have earned graduate degrees, completed an accredited midwifery education program, and passed a national certification examination. www.midwife.org

What is an OB/GYN Doctor?

OB/GYNs are physician specialists who provide medical and surgical care to women and have a particular expertise in pregnancy, childbirth and disorders of the reproductive system. They have graduated from medical school and completed an additional 4 years of OB/GYN residency. www.acog.org

What is a Nurse Practitioner?

Women's Health Nurse Practitioners and Family Nurse Practitioners are Advanced Practice Nurses who have focused their education on women's health care. They care for women from adolescence to menopause and beyond. They have earned graduate degrees and passed a national certification exam.

www.npwh.org

www.aanp.org



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affordable,
accessible,
discrimination-free,
housing for all.



For more information, visit
www.fhcci.org
or scan this QR code:



Fair Housing Protections

The federal Fair Housing Act protects consumers in their housing transactions and services (rental, sales, mortgage lending, insurance, zoning) from discrimination due to:

- Race
- Color
- National origin
- Religion
- Sex
- Familial status (pregnancy or presence of minor children)
- Disability
- Ancestry (Indiana only)

Other protections may also apply depending on if your city or county has a fair housing ordinance that expands on the federal groups/classes.

Key Protections

Some of the key provisions under the federal Fair Housing Act make it unlawful to...

- Refuse to rent/sell
- Falsely deny availability
- Apply terms & conditions differently
- Advertise by showing preference or limitation
- Harass, retaliate, or create a hostile environment

...in housing due to a person's membership in one or more protected class(es).

What are the possible signs?

- Charging additional rent/deposits because someone needs an animal to assist them with their disability.
- Advertisements which state "no children," "no minorities," or "Hispanics Need Not Apply."
- Limiting the number of children in a complex or confining families to a specific location or floor.
- Being propositioned for sex in exchange for rent or deposits and/or inappropriate comments.
- Requiring Muslims to pay for criminal background checks but not requiring of other religions, races, or nationalities.
- Refusing to rent to a person using a wheelchair for fear a unit might be damaged.
- Steering home buyers of color to segregated neighborhoods of color or telling white home seekers to stay out of some areas.
- Enforcing tenancy rules for some residents but not others due to their protected class status.
- Retaliating against a person for making a fair housing complaint.

This is not legal advice. Please consult an attorney.

We're here to help!

Were you denied your assistance animal due to a "no pets" policy?

Was your rental application denied due to an inaccurate background check?

Did your real estate agent refuse to show you homes in some neighborhoods?

Have you been told you were not welcome because of your religion?

Were you required to get a larger apartment because you have children?

Contact us:



317-644-0673
Toll-Free: 855-270-7280
Relay: 711



info@fhcci.org
www.fhcci.org



@FairHousingIN

The mission of the FHCCI is to **facilitate open housing for all people** by:

- ensuring the availability of affordable and accessible housing;
- promoting housing choice and homeownership;
- advocating for an inclusive housing market;
- working towards stable and equitable communities; and
- eradicating discrimination within Central Indiana, the State of Indiana, and nationally.

KONNEN DWA OU GENYEN NAN ZAFÈ LOJMAN EKITAB

kay san danje,
abòdab,
aksesib,
san diskriminasyon,
pou tout moun.



Pou plis enfòmasyon,
vizite

www.fhcci.org

oswa eskane kòd QR sa a:



Pwoteksyon nan Zafè Lojman Ekitab

Lwa federal sou Lojman Ekitab la pwoteje konsomatè yo nan tranzaksyon ak sèvis ki gen rapò ak lojman yo (lokasyon, lavant, prè ipotèk, asirans, zonaj) kont diskriminasyon akòz:

- Ras
- Koulè po
- Orijin nasyonal
- Relijyon
- Sèks
- Sitiyasyon famiyal (grosès oswa prezans yon timoun minè)
- Andikap
- Zansèt (Indiana sèlman)

Lòt pwoteksyon ka aplike selon si vil oswa konte ou a gen yon òdonans sou lojman ekita ki elaji sou gwoup/klas federal yo.

Pwoteksyon Enpòtan

Kèk nan dispozisyon fondamantal nan kad Lwa federal sou Lojman Ekitab la entèdi pou...

- Refize lwe/vann
- Refize disponiblite lojman sou fo pretèks
- Aplike tèm ak kondisyon yo yon fason diferan
- Fè piblisite lè w montre preferans oswa limit
- Asèlman, vanjans, oswa kreye yon anviwònman ostil

...nan lojman akòz patisipasyon yon moun nan youn oswa plizyè kategori ki pwoteje yo.

Ki siy ki ka petèt genyen?

- Fè peye lwaye/depo anplis paske yon moun bezwen yon bèt pou ede l ak andikap li.
- Piblisite ki endike "timoun entèdi", "minorite entèdi", oswa "Ispanyik Pa Bezwen Aplike."
- Limite kantite timoun nan yon konplèks oswa limite fanmi yo nan yon kote oswa etaj espesifik.
- Pwopoz pou gen relasyon sèksyèl ak lokatè ann echanj lwaye oswa depo ak/oswa fè kòmantè ki pa apwopriye.
- Egzije Mizilman yo peye pou verifikasyon antesedan kriminel yo men pa egzije sa pou moun ki gen lòt relijyon, ras, oswa nasyonalite.
- Refize lwe yon moun k ap itilize yon chèz woulant paske yo krent ke lojman an ta ka domaje.
- Oryante achtè blan yo nan katye ki rezève pou blan yo oswa di moun k ap chèche kay pou moun ki blan pou yo evite kèk zòn.
- Ranfòse règleman lokasyon pou kèk rezidan men pa pou lòt yo akòz estati klas pwoteje yo.
- Fè vanjans kont yon moun ki depoze yon plent pou lojman ekita.

Sa a se pa yon konsèy legal. Tanpri konsilte yon avoka.

Nou la pou nou ede!

Èske yo te refize bèt asistans ou a akòz yon politik ki di "bèt domestik entèdi"?

Èske yo te refize aplikasyon w lan akòz yon verifikasyon antesedan ki pa egzak?

Èske ajan imobilye w la te refize montre w kay nan kèk katye?

Èske yo te di w ke ou pa byenvini akòz relijyon w?

Èske ou te oblije jwenn yon apatman ki pi gwo paske w gen timoun?

Kontakte nou:



317-644-0673
Nimewo telefòn gratis:
855-270-7280
Sèvis Relè: 711



info@fhcci.org
www.fhcci.org



@FairHousingIN

Misyon FHCCI se **fasilite lojman ouvè pou tout moun** lè li :

- asire disponiblite lojman abòdab e ki aksesib;
- ankouraje chwa lojman ak pwopriyete kay yo;
- fè pledwaye pou yon mache lojman ki enklizif;
- travay nan favè kominote ki estab ak ekita yo; ak lè li
- elimine diskriminasyon nan Sant Indiana, Eta Indiana, ak nan tout peyi a.

Haitian Creole – Common Words/Phrases Aid

How may I help you?

Kijan mwen ka ede ou?

Do you need to schedule an appointment?

Ou bezwen pran yon randevou?

Do you have an appointment?

Ou gen yon randevou?

May have your ID please?

Tanpri, èske mwen ka gen ID ou?

Do you have a copy of your shot records?

èske ou mache avek kane vaksen yo?

You will need to fill out this documentation front and back.

Wap bezwen ranpli dokiman sa, devan ak dèyè.

Have a seat, the nurse will call you shortly.

Ou met chita, enfimyè a ap rele ou tale.

We won't have any available appointments until:

Nou pap gen okenn randevou ki disponib jiskaske:

January = Janvyè	0	zewo	11	onz	22	vende
February = Fevriye	1	en	12	douz	23	ventwa
March = Mas	2	de	13	trèz	24	venkat
April = Avril	3	twà	14	katòz	25	vensenk
May = Me	4	kat	15	kenz	26	vensis
June = Jen	5	senk	16	sèz	27	vensèt
July = Jiyè	6	sis	17	disèt	28	ventwit
August = Out	7	sèt	18	dizwit	29	vennèf
September = Septanm	8	uit	19	disnèf	30	trant
October = Oktòb	9	nèf	20	ven	31	tranteyen
November = Novanm	10	dis	21	venteyen		
December = Desanm						

Good Morning/Good Afternoon
Bonjour/Bonswa

Thank you
Mesi

You welcome (No problem)
Pa gen pwoblem

Shot Records
Kane Vaksen

Vaccines
Vaksen

TB Test (IGRA)
Tes Tibekilos

Dollars
Dola

\$20/\$50/\$70
Ven Dola/ Senkant Dola/Swasandi Dola

Insurance
Asirans

Nurse
Enfimye

How are you feeling?

Kijan ou ye?

Sign

Signye

Here

La

Write

Ekri

Blood Pressure

Tansyon

Weight

Pwa

Medication

Medikaman



Children's
Bereavement
Center



Lift From Loss

SANT DÈY POU TIMOUN

GWROUP SIPÒ GRATIS POU LAFANMI KI AN DÈY

LEVE KITE LAPENN

GWROUP SIPÒ GRATIS POU GRANMOUN 18+ KI AN DÈY

ANN PALE DE LANMÒ

GWROUP SIPÒ GRATIS POU TIMOUN, ADOLESAN, AK GRANMOUN

- Tout gwoup zanmi kap sipòte vityèlman moun ki an dèy yo GRATIS
- Gen sesyon oryantasyon chak semèn; Fòk w anrejistre pou yo
- **Pou tout laj (4+) Gwoup pou:**
 - **Timoun lekòl fondamantal**
 - **Jèn moun lekòl segondè**
 - **Adolesan lekòl segondè**
 - **Granmoun (Angle ak panyòl)**
- Gwoup yo modere pa pwofesyonèl sante mantal
- Mizik ak aktivite atistik enkli nan gwoup pou timoun yo
- Gwoup yo rankontre vityèlman chak semèn nan sware sou Zoom
- Timoun, adolesan ak granmoun deside konbyen tan yo swete patisipe
- Sesyon yo louvri pou tout moun ki pèdi yon moun yo renmen poutèt maladi, aksidan, sisid oubyen asasina
- **Gwoup espesyal perinatal ak gwoup pou moun ki pèdi timoun anvan yo fèt oswa ti bebe ki pankò gen 1 an Anglai**

EKSPÈ NASYONAL POU CHAGREN | DEPI 1999 | KI BAZE NAN MIAMI, FLORID, SÈVI NASYONALMAN

WAP JWENN PLIS ENFÒMASYON NAN
CHILDBEREAVEMENT.ORG | @MIAMICBC

ANREJISTRE KOUNYE A NAN: 888-988-5438 OSWA
SUPPORT@CHILDBEREAVEMENT.ORG



MENTAL HEALTH RESOURCES FOR NEW PARENTS IN MARION COUNTY

Need Help Now!

Suicide and Crisis Lifeline

Call or text 988, available 24/7

National Maternal Mental Health Hotline

Call or text 1-833-852-6262, available 24/7.
Interpreters available for 60 languages.

Eskenazi Health Crisis Line

Call 317-880-8485

Ascension St. Vincent Stress Center

Call 317-338-4800, available 24/7

Community Based Maternal Health Counseling Services

Located in most Marion County zip codes; health insurance coverage may vary
Adult and Child: Various locations throughout Indianapolis, call 317-882-5122.
Aspire: Call 317-574-1254 for more information.

Marion County Public Health Department Social Work Department:

Social workers are available for support around mental health, resource, and referral needs. Free. For more information, please call: 317-221-2364.



Local Perinatal Mental Health Resources

Ascension St. Vincent Primary Care Center

Current patients at the Primary Care Center can contact the social worker at 317-338-7516.

Community Health Network Mental/Behavioral Health

Call 800-662-3445 or 317-621-5700 for an appointment.
Website: <https://www.ecommunity.com/services/mental-behavioral-health>

Franciscan Health

Current patients can contact a nurse navigator at 317-528-5224.
Current patients with urgent mental health needs should call 317-528-2949.

Eskenazi Health

For mental health support during outpatient clinic appointments, contact social work at 317-880-5792 or 317-501-7823.

Sandra Eskenazi Mental Health Center:

Call 317-880-8491 for an appointment.

IU Health

Perinatal Mood Disorder Program: Call 317-948-7308 to learn more information about services and support groups.

HealthNet

Current patients can call 317-957-2070 to make an appointment.

Local Online Resources

MOMS Helpline Indiana

Call 844-624-6667 (M-F, 7:30 am - 5 pm). Access MOMS Helpline by text message at 844-666-7898 for English and 844-737-6262 for Spanish.
Website: <https://www.momshelplineindiana.com/>

Indianapolis Area Support Groups for Perinatal Mental Health

IU Health: Virtual, Mondays 10:00-11:30 am. Call 317-948-7308 for registration information.

Ascension St. Vincent: Virtual, Tuesdays 10:00-11:30 am. Call 317-582-7150 for registration information.

Community Health Network: Virtual, Tuesdays 11:00 am. Call 317-621-7998 for registration information.

Riverview Hospital, Noblesville: In-person, 1st & 3rd Thursdays 10:00-11:00 am. Email obeducation@riverview.org for more information.

Franciscan Health: In-person Tuesdays 3:00-4:30 pm. Call 317-528-5620 for registration information. (Burmese support group to be added soon.)
*Please contact the organization in advance. Days and times subject to change.

Online Resources

Postpartum Support International - Multiple online support groups for moms and dads, including grief support. Call 1-800-944-4773 or text HELP to 800-944-4773 | Para Español, text 971-203-7773
Website: <https://www.postpartum.net/>

Maternal Mental Health NOW: A free web-based pregnancy and postpartum emotional wellness app with helpful information and resources. This website also provides an online emotional wellness self-help toolkit. — Available in English and Spanish.
Website: <https://mycace.mmhnow.org/>

Postpartum Progress: The world's most widely read blog dedicated to maternal mental health.
Website: <https://postpartumprogress.com/>

The 4th Trimester Project: Expert-written resources and information for mothers and their families related to postpartum and mental health.
Website in English: <https://newmombealth.com/>
Website in Spanish: <https://www.saludmadre.com/>



RESSOUS SANTE MANTAL POU NOUVO PARAN NAN KONTE MARION

Bezwen Èd Kounye a!

Liy Apèl pou Swisid ak sityasyon kriz

Rele oswa voye tèks nan 988, disponib 24è sou 24 / 7 jou sou 7

Liy asistans telefonik nasyonal sou sante mantal matènèl

Rele oswa voye tèks nan 1-833-852-6262, disponib 24è sou 24 / 7 jou sou 7. Entèprèt disponib pou 60 lang.

Liy Kriz Eskenazi Health

Rele 317-880-8485

Ascension St. Vincent Stress Center

Rele 317-338-4800, disponib 24è sou 24 / 7 jou sou 7

Sèvis Kominotè Konsèy nan Sante Matènèl

Sitiye nan pifò kòd postal Konte Marion; kouvèti asirans sante a ka varye

Granmoun ak Timoun: Divès kote atravè Indianapolis, rele 317-882-5122.

Aspire: Rele 317-574-1254 pou plis enfòmasyon.

Depatman Sante Piblik Marion County Depatman Travay Sosyal:

Travayè sosyal yo disponib pou reponn ak bezwen nan kesyon sante mantal, resous, ak oryantasyon.

Gratis. Pou plis enfòmasyon, tanpri rele: 317-221-2364.



Resous Lokal sou Sante Mantal Perinatal

Ascension St. Vincent Primary Care Center

Pasyan aktyèl yo nan Sant Swen Prensipal la ka kontakte travayè sosyal la nan 317-338-7516.

Community Health Network Mental/Behavioral Health (Rezo Sante Kominote Sante Mantal/Konpòtmantal)

Rele 800-662-3445 oswa 317-621-5700 pou yon randevou.

Sit entènèt: <https://www.ecommunity.com/services/mental-behavioral-health>

Franciscan Health

Pasyan aktyèl yo ka kontakte yon enfimyè pivo nan 317-528-5224.

Pasyan aktyèl ki gen bezwen nan kesyon sante mantal ijan ta dwe rele 317-528-2949.

Eskenazi Health

Pou sipò nan kesyon sante mantal pandan randevou klinik pou pasyan ekstèn, kontakte sèvis sosyal nan 317-880-5792 oswa 317-501-7823.

Sandra Eskenazi Mental Health Center: Rele 317-880-8491 pou yon randevou.

IU Health

Pwogram pou Lite kont Twoub Imè Perinatal: Rele 317-948-7308 pou jwenn plis enfòmasyon sou sèvis ak gwoup sipò.

HealthNet

Pasyan aktyèl yo ka rele 317-957-2070 pou pran yon randevou.

Resous Lokal An liy

Liy Asistans Telefonik MOMS Indiana

Rele 844-624-6667 (L-V, 7:30 am – 5 pm). Jwenn aksè nan liy asistans telefonik MOMS pa tèks mesaj nan 844-666-7898 pou anglè epi 844-737-6262 pou panyòl.

Sit entènèt: <https://www.momshelplineindiana.com/>

Gwoup Sipò Zòn Indianapolis pou Sante Mantal Perinatal

IU Health: Vityèl, lendi 10:00-11:30 am. Rele 317-948-7308 pou enfòmasyon sou enskripsyon.

Ascension St. Vincent: Vityèl, Madi 10:00-11:30 am. Rele 317-582-7150 pou enfòmasyon sou enskripsyon.

Community Health Network: Vityèl, Madi 11:00 am. Rele 317-621-7998 pou enfòmasyon sou enskripsyon.

Riverview Hospital, Noblesville: An pèsòn, 1st & 3rd Jedi 10:00 - 11:00 am. Voye imèl bay obeducation@riverview.org pou plis enfòmasyon.

Franciscan Health: An pèsòn Madi 3:00-4:30 pm. Rele 317-528-5620 pou enfòmasyon sou enskripsyon. (Gwoup sipò Biman ap kreye byento.)

*Tanpri kontakte òganizasyon an davans. Jou ak lè yo kapab modifiye.

Resous an liy

Postpartum Support International – Plizyè gwoup sipò an liy pou manman ak papa, ki gen ladan sipò pou dèy. Rele 1-800-944-4773 oswa voye tèks HELP bay 800-944-4773

Para Español, voye tèks nan 971-203-7773

Sit entènèt: <https://www.postpartum.net/>

Maternal Mental Health NOW (Sante Mantènèl KOUNYE A):

Yon aplikasyon gratis sou entènèt pou gwosès ak byennèt emosyonèl apre akouchman ki gen enfòmasyon ak resous itil. Sitwèb sa a bay tou yon seri zouti pou ede tèt ou nan kesyon byennèt emosyonèl an liy. Disponib nan lang anglè ak panyòl.

Sit entènèt: <https://mycare.mmhnow.org/>.

Postpartum Progress: Blòg ke yo pi li nan mond lan dedye a sante mantal matènèl.

Sit entènèt: <https://postpartumprogress.com/>.

Pwojè 4yèm Trimès la: Resous ak enfòmasyon ki ekri pa ekspè pou manman yo ak fanmi yo ki gen rapò ak apre akouchman ak sante mantal.

Sit wèb an anglè: <https://newmomhealth.com/>

Sit entènèt an panyòl: <https://www.saludmadre.com/>

Know Your Rights: Sharing Information about Immigration Status in HUD Housing Programs

I am an immigrant. Can I receive HUD housing assistance?

An immigrant may receive HUD housing assistance if they have “**HUD-eligible immigration status.**” An immigrant has HUD-eligible immigration status if their status falls under one of the following categories:

- Lawful permanent residents;
- Asylees and Refugees;
- Survivors of human trafficking;
- VAWA self-petitioners;
- Persons granted withholding of removal;
- Public interest/humanitarian parolees; and
- Individuals lawfully residing under compacts between the U.S. and Marshall Islands/Micronesia and Palau.

Can my family receive HUD housing assistance if some family members say they have HUD-eligible immigration status but others do not?

To be eligible for HUD housing assistance, a family must include at least one family member who is either a U.S. citizen or an immigrant with HUD-eligible immigration status. These families receive reduced housing assistance that is prorated to cover eligible members only. Family members who do not claim to have HUD-eligible immigration status do not receive assistance, but they can continue to live with family members who do receive HUD housing assistance.

I am a HUD tenant, and my HUD housing provider asked me for information about my immigration status. Do I have to give this information?

It depends on whether you have given your HUD housing provider your immigration status before.

If you shared your HUD-eligible immigration status with your HUD housing provider when you first started receiving assistance, your provider may ask you to verify this information again. You must give this information to avoid losing your housing assistance. Verification of immigration status usually occurs when family members apply for assistance or are recertified for continued assistance.

If you do not claim to have HUD-eligible immigration status, you may refuse to give your immigration status to your HUD housing provider. You have the right to tell your provider that you “do not contend” – that is, do not claim – HUD-eligible immigration status. If you do not contend HUD-eligible immigration status, you will not receive HUD housing assistance for your part of the rent. This means that you are not required to verify your immigration status. You may remain living in your home with prorated assistance.

If you never shared your immigration status with your HUD housing provider before, you should not give this information to HUD, your public housing authority, or your landlord without consulting an attorney. If you verify your immigration status when you don’t have to, you could face eviction, termination of HUD housing assistance, and immigration enforcement.

My HUD housing provider asked me to verify my immigration status, and they have never asked for this information before. What should I do?

You should contact a local legal aid attorney or tenant group for help. A local legal aid attorney or tenant group can help determine whether the request is legal and how to protect yourself and your family.

<i>If a public housing authority, HUD housing provider, or HUD...</i>	<i>Then the family member who does not claim to have HUD-eligible immigration status should...</i>
Asks the family for documents to verify their immigration status	Refuse to provide documents verifying their immigration status. The only family members who are required to verify their immigration status are the members who say that they have HUD-eligible immigration status.
Asks family members in person about their status or the status of other members (front door, front office, etc.)	Say that they do not contend HUD-eligible immigration status. They should consult an attorney before responding further. They also have the right not to provide any additional information or documents.
Asks the family to fill out a form about each member's immigration status	<p>Check the option not to contend eligible immigration status. The family should check this option for each family member who does not claim to have HUD-eligible immigration status.</p> <p>INSTRUCTIONS: Complete the declaration below by reviewing all three boxes and signing the ONE box that applies. A separate Declaration must be signed for each member of the assisted household.</p> <p>I, _____ hereby declare, under penalty of perjury, that:</p> <div> <p>1. I am a citizen or national of the United States of America.</p> <p>Signature _____ Date _____</p> <p>(if signing on behalf of a child who lives in your assisted unit and for whom you are responsible, check here <input type="checkbox"/>)</p> <p>If you sign this box, no further information is required.</p> </div> <div> <p>2. I am a non-citizen with eligible immigration status, as described on reverse.</p> <p>Signature _____ Date _____</p> <p>(if signing on behalf of a child who lives in your assisted unit and for whom you are responsible, check here <input type="checkbox"/>)</p> <p>If you sign this box, you must go on to complete the reverse side including the Verification Consent.</p> </div> <div> <p>3. I am not contending eligible immigration status and I understand that I am not eligible for financial housing assistance</p> <p>Signature _____ Date _____</p> <p>(if signing on behalf of a child who lives in your assisted unit and for whom you are responsible, check here <input type="checkbox"/>)</p> <p>If you sign this box, no further information is required. You are NOT eligible for housing assistance.</p> </div>

If the form is missing the option to not contend, the family has the right to refuse to check any box on the form for members who do not claim to have HUD-eligible immigration status. They also have the right to write "I do not contend eligible immigration status" on the form. Below is an example of this form and how it can be filled out.

DECLARATION OF SECTION 214 STATUS

NOTICE TO APPLICANTS AND TENANTS: In order to be eligible to receive the housing assistance sought, each applicant for, or recipient of, housing assistance must be lawfully within the United States. Please read the Declaration statement carefully, sign and return it to the Housing Authority office. Please feel free to consult with an immigration lawyer or other immigration expert of your choice.

I, _____, certify, under penalty of perjury 1/, that, to the best of my knowledge, I am lawfully within the United States because (please check appropriate box):

- ☐ I am a citizen by birth, a naturalized citizen, or a national of the United States; or
- ☐ I have eligible immigration status and I am 62 years of age or older. (attach proof of age); or
- ☐ I have eligible immigration status as checked below (see reverse side of this form for explanations). Attach INS document(s) evidencing eligible immigration status and signed verification consent form.
 - ☐ Immigrant status under 101 (a) (15) or 101 (a) (20) of the INA/3; or
 - ☐ Permanent residence under 249 of INA 4/; or
 - ☐ Refugee, asylum, or conditional entry status under 207, 208, or 203 of the INA /5; or
 - ☐ Parole status under 212(d)(5) of the INA /6; or
 - ☐ Threat to life or freedom under 243(h) of the INA /7; or
 - ☐ Amnesty under 245A of the INA 8/.

I do not contend eligible immigration status

Signature

Date

***PARENT/GUARDIAN must sign for family members under age 18. DO NOT sign child's name.**

What information do public housing authorities and HUD property owners share with HUD?

HUD receives the following information for all household members from public housing authorities and owners:

- Name, birth date, income, and employer name/job details
- Which household members have HUD-eligible immigration status and which household members do not contend to have HUD-eligible immigration status
- Social Security numbers or immigration document numbers of household members with HUD-eligible immigration status
- The address where you rent with your voucher
- Your rent amount

A public housing authority (PHA) or HUD property owner could share additional information with HUD if HUD asks for this information as part of an audit or other investigation.

What information do public housing authorities and HUD property owners share with the Department of Homeland Security (DHS)?

DHS checks the immigration status of household members who say they have HUD-eligible immigration status. To do this, public housing authorities must share the following with DHS:

- Name, birth date, and immigration document number of all HUD-eligible household members.
- In March 2025, HUD and DHS signed an agreement to share additional information about individuals who are ineligible for federal housing assistance. HUD and DHS have not provided details of this arrangement.

This fact sheet is updated as of June 2025, and is not intended to provide legal advice. You should consult an attorney for advice about your specific case. To find your local legal organization, go to [lawhelp.org](https://www.lawhelp.org).

