To sign up for the Altgeld-Riverdale Parenting Program please contact:

Program Director
Shavon N. Parker
773.474.7224

Doula
Nicole Harper-Spencer
773.474.7250

Family Support Worker
Paris Anderson
773.474.7260

Main Office:
Jadonal E. Ford Center
11255 S. Michigan Ave.
Lower Level
Chicago, IL 60628
773.995.1737

Providing free support to expectant mothers age 21 and under in:
- Altgeld Gardens
- Concordia Place
- Golden Gate Homes
- Riverside Village
WHAT IS A FAMILY SUPPORT WORKER?
A professional trained in child development and family strengthening who supports new mothers and their infants in the home.

WHAT IS THE ROLE OF A FAMILY SUPPORT WORKER?
• Makes regular in-home visits and holds new parent group discussions
• Provides support and problem-solving help for new mothers and their babies
• Plans fun activities for new moms and their children to do together
• Helps new moms balance their role as parents while working on personal goals, such as completing high school
• Assists parents in scheduling vision, hearing, and developmental screenings for their children

WHAT IS A DOULA?
A woman professional trained to provide non-medical support to an expectant mother and her family to enhance her childbirth experience.

WHAT IS THE ROLE OF A DOULA?
A doula provides reliable information and hands-on support to help a new mother’s transition to parenthood.

Doulas make weekly or bi-weekly visits to the home and hold prenatal group discussions to help new mothers know what to expect during pregnancy, labor, and delivery.

Services include:
• Prenatal nutrition advice
• Comfort measures during labor and delivery (breathing/relaxation)
• Breastfeeding (coaching)
• Child bonding and learning support

ALTGELD-RIVERDALE PARENTING PROGRAM BENEFITS:
• Provides emotional and physical support for new mothers
• Increases mother-baby bonding
• Helps new mothers make informed decisions
• Supports the emotional needs of women
• Helps babies develop physically, mentally, and emotionally