



[Connect Program - Capital Area Healthy Start](#)

Capital Area Healthy Start helps new moms and their families. They answer questions people may have about being a parent. Please call or click [HERE](#) to go to the website to learn more.

Services:

- Pregnancy Education and Support
- Childbirth Education
- Newborn Care Instruction
- Breastfeeding Education and Support
- Parenting Education and Support
- Counseling Services

Service Location

2650 Apalachee Parkway
Tallahassee, FL 32301
United States

850.488.0288

Provider



URL

<https://capitalareahealthystart.org/>

This group is called CAHSC for short. It is a nonprofit. The group is a community coalition that works to

improve the health of infants and their families. It offers many programs and initiatives.

Programs & Services:

- Breastfeeding education and support
- Childbirth preparation
- Community Referrals
- General Support
- Help to quit smoking
- New baby care
- Nutrition education
- Parenting education and support
- Pregnancy health education
- Stress management and emotional support

Public Email

info@capitalareahealthystart.org

Address

1311 N Paul Russell Rd Ste A101
Tallahassee, FL 32301
United States

850.488.0288

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