



MACON & JOAN BROCK VIRGINIA HEALTH SCIENCES

**Minus 9 to 5**

AT OLD DOMINION UNIVERSITY



Early supports



Pregnancy milestones

Prenatal care



FREE in-home support

Brain development



Support groups

Parenting tips



Child Care/  
Preschool

Immunizations

Kindergarten registration

**Here for  
you...  
*every step*  
of your  
journey!**

Free Resources  
for parents...  
from  
conception to  
kindergarten!

