**Sample script for phone calls when leaving a message:**

“Hello! This is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the Strong Mamas, Thriving Babies program. This is the program you signed up for in (month\_\_\_\_\_\_\_\_\_\_\_\_\_) when you had your baby. This is the part of the program where we check in as a peer mama and make sure that you know we're here to support you in any way that we can. If there's anything that we can do or resources you need, please let us know by giving us a call or texting us at 720-926-7122. Also, our in-person gathering is (This or next) week at (fill:\_\_\_\_\_\_\_\_\_\_\_\_\_) at the hospital. We will be in the conference room. Don’t forget about the app! You can download it from the app store by looking for StrongMamas (all one word). We'd love to have you and we hope you're having an awesome day.

**Sample if they answer:**

“Hello mama! This is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the Strong Mamas, Thriving Babies program from the hospital. We are just calling to check in and see if there is anything we can do to support you?”

Let them talk and express any needs they may have. Talk them through whatever they need and give resources (from website or Unite Us) if they need them. Assure them they are doing a good job and that we are there for them if they need anything.

Remind them of the in-person gathering for the week and the app on the app store.