A Resource Mother is a mentor who:

C alls and comes to visit
A nswers questions
R efers you to needed services
E ncourages you to do your best
S hares information

Contact Information:
Virginia Department of Health
109 Governor Street
Richmond, VA 23019
Phone: 804-864-7673
@VDHLiveWell
Since 1985, Virginia Resource Mothers Program has improved birth outcomes for teen mothers and their infants and decreased infant mortality.

Three rings symbolize the key elements of our organization: Mother, Baby and Resource Mother. By bringing them together, we make them whole.

“**We laugh, talk about report cards, boyfriends or whatever her concerns are. I wonder where she would be if she did not have our program to guide and support her psychologically and with emotionally help with transportation, and clothing her baby.**”
– Resource Mother

In 2014, 50 out of 1,649 teen pregnancies resulted in infant mortality.

Nearly 10 percent of babies with mothers aged 10-19 years are born with a low birth weight.

97 percent of pregnant teens are screened for depression. In Resource Mothers, only 23 percent have a positive outcome.

In 2015, Resource Mothers served over 1,000 teens.