



*Project CARA
welcomes
you!*



*"I always knew my baby was
worthy of care. But I never knew
I was worthy of care,
until I came to Project CARA.*

*They treated me with
the dignity and respect
I didn't know I deserved."*

Project CARA
MAHEC Ob/Gyn Specialists
119 Hendersonville Road
Asheville, NC 28803



**Substance Use Treatment
in Pregnancy**

**Healthy
Moms = Healthy
Babies**

*We provide comprehensive,
integrated, outpatient care*

Our goal is to decrease the stigma and barriers that prevent pregnant and parenting people with substance use disorders from getting the quality Ob/Gyn care and substance use treatment they deserve.

Our multidisciplinary team is committed to helping our patients have the healthiest possible pregnancy and birth whether their last time using was five years ago or five days ago.

Our services

Medical Care

- Pregnancy care, including ultrasounds, labs, and more
- Hepatitis C treatment
- Tobacco cessation program

Substance Use Care

- Medications for substance use disorder treatment, including buprenorphine, and injectable Naltrexone
- Counseling services
- Connections to additional programs and support

Support Services

- Information about neonatal abstinence syndrome
- Peer support services
- Legal and community service coordinators

*We look forward to
serving you!*

If you are a pregnant or a parenting person and using substances or in recovery, please call: 828-771-5500 and ask for an appointment with Project CARA.

You can learn more about Project CARA and request an appointment for yourself by visiting our website: www.mahec.net/CARA.

You can trust us to keep your information secure. We follow the federal law for confidentiality.

Project CARA 828-771-5500



Tammy and Hillary of the Project CARA team