

HHSC Notification: WIC and Postpartum Depression Resources

A new website for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) at <https://texaswic.org/>. The website includes features such as online nutrition classes, recipes, and a newsletter feature that provides parents with customized information based on the child's current age for children ages 1-5.

Parents can subscribe to the newsletter [here](#) for information in English and [here](#) for information in Spanish.

HHSC also recently released an Op-Ed piece that features resources for women experiencing postpartum depression. This information was published in [The Daily News](#) and the [Tyler Morning Telegraph](#).



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