



## Healthy Families of Yuma



### What is Healthy Families?

Healthy Families Arizona is a free and voluntary home visitation program designed to provide child development information, parenting skills, and family enhancement weekly in your home. The home visitors, known as Family Support Specialists (FSS) are caring, skilled and knowledgeable. They are dedicated to serving families and are experts in creating relationships that promote confidence and personal growth.

**All services are  
FREE to families!**

### When can I sign up?

You can enroll in Healthy Families as soon as you find out you are pregnant, or up until your baby is three months old. Once enrolled, you can participate in the program for 3 to 5 years. You may withdraw any time you feel your family has received the support it needs.



301-B E. 4th Street • Safford, AZ 85546  
**(928) 428-7231**

### **How can Healthy Families help me?**

- You will receive visits in your home from a friendly, trained Family Support Specialist. No transportation is necessary!
- You will learn ways to have a healthy pregnancy and how to create a warm and happy relationship with your baby.
- You will learn how to provide a safe and stimulating home environment.
- Healthy Families will support you in reaching your family's goals.
- Healthy Families will involve fathers, partners and other family members and help them realize their importance in the development of your child.
- Healthy Families will connect you with community resources to find housing, to get job skills and to find personal or family counseling.
- Healthy Families can assist you in resolving stressful situations.



**YOU are you child's most important teacher!**

**I am interested in learning more about Healthy Families! Please call and/or send me more information.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Please complete the above information, tear off this section, and drop it in the "Healthy Families" box.

**Tell Me More!**