



Building Bright Futures offers services to families with children ages Birth to 5 and expectant parents living in Graham or Greenlee County

Services may include:

- ▶ In-home visits with a Family Support Specialist
- ▶ Fun creative ways to stimulate brain development
- ▶ Empathetic parenting to build strong trusting relationships
- ▶ Support with setting and meeting family goals
- ▶ Literacy and language development
- ▶ Information and hands on activities to promote your child's development
- ▶ Community resources and referrals to support you as a parent

All services are NO COST to families!



**For more information, call:
(928) 428-7231**

Building Bright Futures is brought to you by:



FIRST THINGS FIRST

www.azftf.gov



Because YOU are the best family your child can have!

Why Healthy Families?

We offer individual and family-centered services in your home for one hour per week to discuss:

- Pre-natal and child development & information
- Health & safety information and support
- Referrals to community resources & services
- Hands-on, fun, and creative activities!

Who can participate?

Expectant or parenting families with children 0-5 years old.

All services are NO COST to families!



Healthy Families
is a program of:

Child & Family
RESOURCES, INC.

Making Children's Lives Better

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Healthy Families is made possible in collaboration with:
The Arizona Department of Economic Security, the Child Abuse Prevention
Fund and through the generosity of numerous corporations and
foundations.