
HEALTHY FAMILIES

- ◆ Involves fathers and other family members and encourages everyone to realize their importance in the development of the newborn.
- ◆ Supports you in reaching your personal goals.
- ◆ Assists you in resolving stressful situations.
- ◆ Encourages you to ENJOY your baby and ENJOY being a parent!

ALL SERVICES ARE FREE!

FUNDING PROVIDED BY

Arizona Department of Economic Security

◆
Pima County

◆
Tucson Electric Power

◆
Target Corporation

COLLABORATING PARTNERS

Child & Family Resources, Inc.

◆
The Blake Foundation

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Casa de los Ninos

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CODAC Behavioral Health Services

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La Frontera Center

◆
Marana Health Center

◆
The Parent Connection
(A division of Arizona's Children Association)

Healthy Families

of Pima County



YOU are your child's most important teacher!



Child & Family Resources is a nationally accredited, non-profit agency dedicated to improving the well-being of Arizona's children and families through programs that strengthen child care, youth and families.

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WHEN TO ENROLL

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 up to five years, or you may withdraw at any time.

Healthy Families is not just for first-time parents; experienced parents may also enroll!



ONCE ENROLLED, YOU CAN:

- ◆ Receive home visits from a friendly, trained Family Support Specialist. No transportation is necessary!
- ◆ Ask questions and learn ways to have a healthy pregnancy.
- ◆ Learn to create a warm relationship with your baby and provide a safe and stimulating home environment.
- ◆ Come to free special events for parents. These are times to gather with other families for fun activities with your children.
- ◆ Become confident that YOU are your baby's most important teacher!

FREQUENTLY ASKED QUESTIONS

"Will Healthy Families help me find a place to live?"

"Can Healthy Families help my partner find a job?"

"Can this program help me with problems in my relationship?"

The Healthy Families team supports you in reaching your family goals. Our knowledgeable home visitors can connect you to community resources to assist you with:

- ◆ housing
- ◆ job skills training
- ◆ personal or family counseling
- ◆ other family goals.

WHAT IS HEALTHY FAMILIES?

Healthy Families is a free, voluntary, home visitation program designed to provide support and education to families during pregnancy and after the baby is born.

During frequent home visits, a warm and trusting relationship can develop between parents and Healthy Families visitors.

The home visitor, known as a Family Support Specialist, becomes a support system that a family can count on. Family Support Specialists are caring, skilled and dedicated to serving families. They are experts in creating relationships that promote confidence and personal growth.

