



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

What Our Families Say

“They helped to drive me to move forward and better my family. Times when I felt the world was crumbling and wanted to give up my Family Support Specialist always could and does pull me back to a motivated attitude.”

“They have acknowledged my good parenting and show us ways to improve. We feel safe and supported in our home.”

“I am becoming more understanding of my child's needs and how to become a better parent.”

Collaborating Partners

Child & Family Resources, Inc.



United Way of Tucson and
Southern Arizona



CODAC Behavioral
Health Services, Inc.



La Frontera Center, Inc.

Funding Provided By:



First Things First (FTF), approved by Arizona voters, works to ensure that our youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed.



A program of

**Child & Family
RESOURCES, INC.**

Making Children's Lives Better

**2800 E. Broadway Blvd.
Tucson, AZ. 85716
(520) 321-3754**

What is Healthy Families?

Healthy Families Arizona is an accredited, nationally recognized home visitation program. It is a free and voluntary program designed to provide child development information, parenting skills and family enhancement weekly in your home during pregnancy and after the baby is born.

All services are FREE to families!

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.



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 three to five years, or you may withdraw at any time you feel your family has received the support it needs.

Experienced parents can also enroll!

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 can ask questions and learn ways to have a healthy pregnancy and a happy baby.
- ◆ You will learn to create a warm relationship with your baby and provide a safe and stimulating home environment.
- ◆ You will be invited to free special events for parents for a chance to gather with other

families and to engage in activities with your children.

- ◆ You will become confident that YOU are your baby's most important teacher!

Healthy Families ...

- ◆ We will support you in reaching your family's goals.

- ◆ We will involve fathers, partners and other family members and will encourage everyone to realize their importance in the development of your child.



- ◆ We will connect you with community resources to find housing, to get job skills and to find personal or family counseling.
- ◆ We can assist you in resolving stressful situations.
- ◆ We will encourage you to enjoy your baby and enjoy being a parent!