

Free Support for You and Your Baby

Sign up for Healthy Families America®!

Healthy Families America® (HFA) is a free and voluntary home visiting program. Its Family Support Specialists provide personalized support and information to help you be the best parent you can be. HFA's services are available for up to five years after your child's birth.

How does HFA benefit my family?

- **Parenting information** to help you build on the parenting skills you already have
- **Child development education** that lets you know what to expect and how to promote your child's healthy growth
- Help scheduling **check-ups and immunizations with a medical provider**
- Helpful tips on how to **care for babies, toddlers, and young children**
- **Connections to community resources** that help with things like job placement and finding day-care providers
- **Flexible visits** that work with your schedule

**FREE
ONE-ON-ONE
SUPPORT!**

Program Location:

Child and Family
Guidance Center
40005 10th Street West, #106
Palmdale, CA 93551

Phone: 661.265.8627

Karyn (ext. 2836) or Martha (ext. 2872)

