

# What does Healthy Families provide?

- Support during and after pregnancy
- Activities designed for your baby and your family
- A bridge to other local resources
- Free and voluntary programs and services

# What does Healthy Families do to support pregnant and new parents?

Here's what our parents have to say:

- Other parents should join the home visiting program because it gives you someone to talk to who doesn't judge you.
- They help in a variety of ways, from bringing information I had questions about or about other resources that would help my family.
- My home visitor recognized my potential as a parent when I had very low self-esteem and questioned my (own) abilities. She encouraged and supported me to be the best parent for my twins. Today I feel confident.
- They help me set goals and then keep me on track so I can achieve them.



Healthy Families Northwoods™
is at these Children's Wisconsin locations:

### **Antigo office**

N4013 Hwy 45 Antigo, WI 54409 (715) 627-1414 Hours by appointment

#### **Merrill Office**

712 East Second St. Merrill, WI 54452 (715) 539-9228

Office hours: 12 p.m. - 4 p.m. Monday through Friday Additional hours by appointment

### **Rhinelander office**

3716 Country Dr. Rhinelander, WI 54501 (715) 361-6300 Hours by appointment



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## Healthy Families Northwoods™

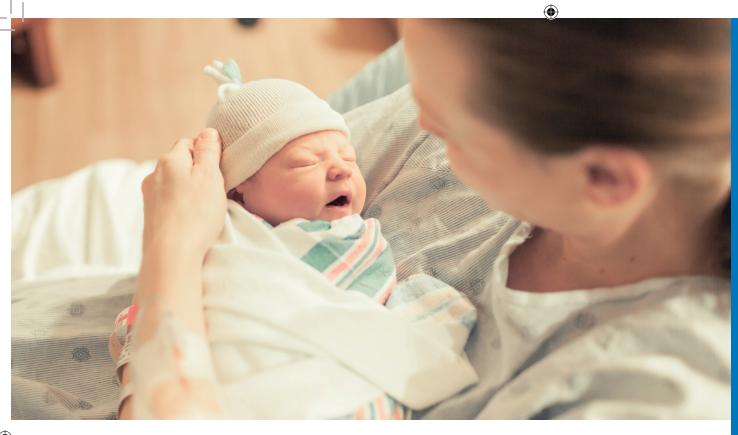




Kids deserve the best.

Antigo Merrill Rhinelander childrenswi.org/northwoods







The Healthy Families Northwoods™ Home Visiting Program works with pregnant and parenting moms and families. We will visit with you in your home, the community or at our office—wherever is most comfortable and convenient for you. We will work with you in all areas of parenting.

## Who can enroll?

Pregnant women and newborns. Services are free.

What can Healthy Families do to support me? Healthy Families can help you learn more about child development. We strengthen parenting skills and connect families to community resources and support. Your family visitor can help you:

- Lead a healthier lifestyle
- Strengthen family relationships
- Build parenting skills
- Learn how children grow and develop
- Find and use community resources
- Prepare kids to do well in school
- Lessen stress
- Celebrate family milestones
- Work toward your family goals with up to \$250 for qualified family needs and other incentives

Healthy Families Northwoods<sup>TM</sup>
Home Visiting Program follows
the Healthy Families American
(HFA) model. HFA is one of the
leading family support programs
in the country. It is a program of
Prevent Child Abuse America.
Healthy Families Northwoods
focuses on early child health, child
development, reading and school
readiness. Services are free to
pregnant women and newborns.
Services can continue until age 5.

## How do I get started?

Email northwoods@chw.org or call the Children's Wisconsin office nearest you in Antigo, Merrill or Rhinelander to learn more.

If another program better meets your needs, we will connect you. We will also follow up to ensure your family is supported.



