

*All children will receive
nurturing care from their
family, essential to leading a
healthy and productive life*



*Healthy Families is an accredited
program, and made available through a
grant from NYS Office of
Children and Family Services.*



[Fingerlakescommunityaction.org/programs/healthy-families](https://fingerlakescommunityaction.org/programs/healthy-families)

**If you would like more information
please contact**

Phone: 315-331-4155 x3205
Email: Healthy.families@waynecap.org
Fax: 315-946-3051

28 Canal Street
Lyons, NY 14489

**Scan QR code with your
smartphone.**



Digital referral

Healthy Families of Wayne County

*Finger Lakes Community Action,
A division of Wayne County Action Program
Inc.*



October 13, 2022

Every parent has their own list of questions before and when their baby arrives...

Healthy Families can help!

DID YOU KNOW THAT PARENTS CAN HELP THEIR



Healthy Families provides information and resources to offer prenatal support for new and expecting moms and dads..

You can expect information on...

- Labor and delivery (what to expect, how to best prepare, your rights, etc.)
- Connections to community resources to support a healthy pregnancy for both mom and baby.
- How Dads can bond with their baby during pregnancy.

And so much more!

HEALTHY FAMILIES CAN HELP YOU WITH:

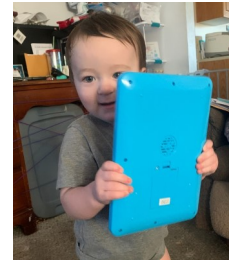
- **Information on INFANT CARE** including feeding, sleeping, walking, potty training, etc..
- **BREAST FEEDING** we are **Certified Lactation Counselors, CLC**
- **ENHANCING YOUR FAMILY'S STRENGTHS** to reach your goals.
- **PARENT- CHILD INTERACTION** Involving fun, parent-led child enrichment activities using an **evidence based curriculum**



Healthy Families has highly trained staff who can help you navigate through your parenting journey to reduce your fear of the unknown.

HEALTHY FAMILIES IS **FREE** VOLUNTARY, NO INCOME OR INSURANCE REQUIREMENTS AND AT YOUR CONVENIENCE!

Eligibility Requirements: *Expectant parents and parents of newborns up to three months. Once enrolled, services are offered to you until your child is 3-5 years of age.*



Scan QR code with your smartphone.



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Our support continues before and after the birth of your baby!