



**FIRST TIME PARENT?
OR ABOUT TO BE?**



Get support and encouragement from Healthy Families

We LOVE parents!

**get the
support
you need
to take
care of
yourself
and your
baby**

**learn
about
helpful
resources**

**connect
to other
new
parents
at our
groups &
events**

Program is free & confidential

Franklin County/North Quabbin

Healthy Families

Call or Text: (413) 834-8491

Online Referral Form:

www.healthyfamiliesreferral.wordpress.com

More Information:

www.communityaction.us/healthy-families



**healthy
families™**

a children's trust program



**COMMUNITY ACTION
PIONEER VALLEY**
Access • Opportunity • Community

