# **Healthy Families 7** Jackson County™

## A CaPa Family Support Program

Parenthood isn't always easy, and CAPA understands that sometimes parents need a helping hand. CAPA's *Healthy Families* is an in-home visitation program offered to parents with one main goal:

To provide an encouraging support system that helps parents become more informed and able to develop healthy parenting skills.

### Topics Include:

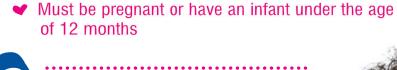
- Pre-natal and child development 💙 Bonding and attachment

  - Healthy lifestyles
- Social and peer support

This is a free and voluntary program available to individuals who meet the eligibility requirements.

### Eligibility Requirements:

Current Jackson County, MO resident



#### TO LEARN MORE

Please contact us at 816-252-8388 x 324

or e-mail familysupport@capacares.org







