

# Healthy Families 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
- ♥ Must be pregnant or have an infant under the age of 12 months



### TO LEARN MORE

Please contact us at  
**816-252-8388 x 324**  
or e-mail [familysupport@capacares.org](mailto:familysupport@capacares.org)

