



Healthy Families

JACKSON COUNTY™

Being a parent can be one of life's greatest joys, but it can also be challenging. That's why CAPACares is here to help.

Our Healthy Families program offers free, in-home visits to support parents through pregnancy and those early years of their baby's life. Think of it as a partner on your parenting journey, someone to listen, encourage, and help you build the skills and confidence every parent deserves.

Together we'll talk about:

- **Prenatal and child development**
- **Healthy lifestyles**
- **Bonding and attachment**
- **Building social and peer support**

TO LEARN MORE:

Call us at 816-252-8388 x 324 or email us at familysupport@capacares.org



Healthy Families is free and voluntary for Jackson County, MO residents who are pregnant or have a baby under 12 months old.