



# 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](mailto:familysupport@capacares.org)



**Healthy Families**  
Jackson County

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