



Introducing...

Healthy Families Winona

INNOVATION HOPE LIFE-CHANGING
EFFECTIVE EXCELLENCE

Better Tomorrows Start With Us

Healthy Families America's
newest site is
Winona County!



- The HFA model, developed in 1992 by Prevent Child Abuse America, is based on more than 30 years of research to ensure programs are effective in working with families.
- Our Best Practice Standards evolve as the knowledge in our field evolves. The Standards provide a solid structure for quality.



WHO CAN ENROLL?

- Any pregnant or newly parenting family living in Winona County.
- Healthy Families services begin prenatally or right after the birth of a baby and are offered free of charge, over the long-term for up to 5 years.

What we do....



- * Strengthen family relationships.
- * Transportation to important appointments.
- * Promote childhood growth and development.
- * Refer to community resources.
- * Explore ways to make homes safer.
- * Reduce stress.
- * Try activities that parents and baby can do together.

Why Support is Important...

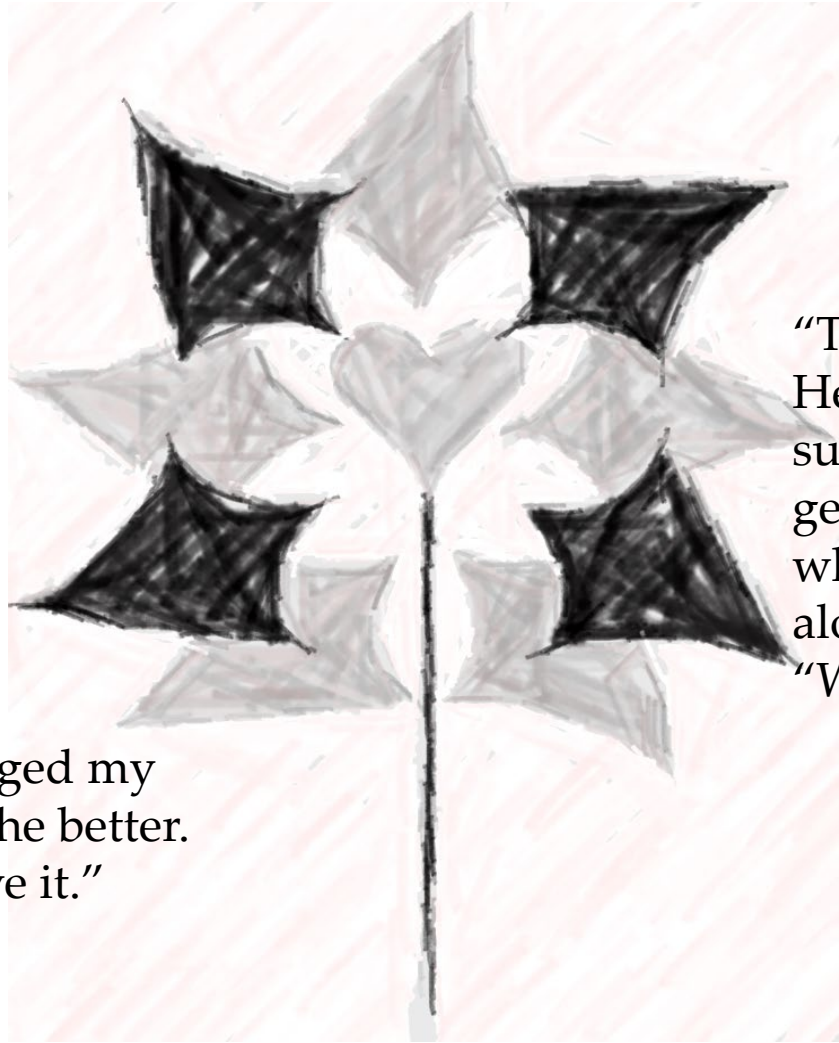
- "By the time you're four your brain is 90 percent adult size. The first three years of life are absolutely essential for providing experiences that are structured, predictable, nurturing and enriched that allow the brain to organize in a healthy way."

Bruce Perry, M.D., Ph.D., Senior Fellow, Child Trauma Academy



What is the BEST part of being in Healthy Families?

“It helps you learn and encourages you as a parent and as a family.”



“The best part of being in Healthy Families is the support. The overall vibe I get with my worker is one where I know I am not alone. Her attitude says, “We are in this together!”

“This has changed my family’s life for the better. We 100% love it.”

“Getting support and ideas for helping my children.”



Helping
Families and
Children
Grow
Together

Thank you for your interest in
learning more about Healthy
Families Winona



Healthy Families Winona

How to Refer: FCConline.org website referral form in Healthy Families tab
email to HF referral@fccnetwork.org
call FCC and ask for Healthy Families Supervisor

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