



Great Childhoods begin at home

Healthy Families provides FREE home visits to new and expecting parents. Let us share our support and services with your family!



Feel Confident & Prepared

Healthy Families is designed to help parents feel confident with their new babies (or babies on the way!).



Healthy Families is FREE

There is NO CHARGE for this program. You can get a home visitor until your child is 3 years old.



Support & Information

Families in the program get support and info on:

- Prenatal care
- Creating a safe & nurturing environment for your child
- Healthy growth & development
- Positive parent-child interactions & children's social/emotional well-being
- Positive parenting
- Family self-sufficiency



Need support?

Do you feel like you need support with your pregnancy or your newborn?

Healthy Families will provide a FREE home visitor to families who need a little support!

- Applicants must be a pregnant mother or expectant parent; or have a child less than 2.5 months.
- Must live in the Roanoke Valley.
- Be open to an assessment.

For more information: (540) 344-3579 x27

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www.roact.org/programs/healthy-families



**Healthy Families
Roanoke Valley™**

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