

## HEALTHY FAMILIES ALBANY COUNTY

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Parson's Family & Child Center's Healthy Families Albany County is a home visiting program for expectant families or families who have newborn children. Program staff help parents with the changes and needs of their family that come along with the birth of a new child. Parents learn skills that enable them to provide a safe and healthy environment for their children and are assisted in securing medical services for their children, along with educational and employment opportunities for themselves. Healthy Families Albany County is a partnership between Albany County Department of Children, Youth and Families and Parsons Child & Family Center.

**Help give your baby the most valuable gift of all—a loving, nurturing and happy family.**

### AVAILABLE SERVICES

- Mentoring and education to promote maternal and child health, including prenatal care, breast-feeding, immunizations, and lead screening
- Program staff help parents to evaluate their child's development at home visits, which incorporate both developmental and educational activities; all children determined to have developmental or attachment needs are referred by Healthy Families for professional evaluation and intervention if deemed appropriate
- Families receive health education and are encouraged to pursue individual educational and/or vocational goals
- Family Resource Center is available to all clients and staff for parent training, groups, educational and recreational services

### BENEFITS

- Increase positive interaction between parents and children
- Improve parental and child wellness and social connectedness
- Increase families' economic self-sufficiency
- Prevent child abuse and neglect

**Who can access services?** Families residing within the cities of Albany, Cohoes, Watervliet, and Green Island, who are expecting a child or who have an infant at home younger than 3 months.

Program locations:

112 State Street, Albany  
519 Clinton Avenue, Albany  
401 New Karner Road, Albany

**How are services accessed?** Please contact the Albany County Single Point of Entry (SPOE) line at 518.447.7777, Monday through Friday, 8:30 a.m. – 4:30 p.m.

**When are services available?** Services are available Monday through Friday with appointments scheduled to accommodate the family's school and work commitments.