

Middletown Healthy Families is a service provided to the greater Middletown community by Occupations, Inc., with the training and support of Healthy Families New York.



Middletown Healthy Families

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For information on additional services offered by Occupations, Inc. call 1-888-750-2266

Middletown Healthy Families

a Service of
Occupations, Inc.

Prenatal and Child Development Information

Family Support Services

Community Resources

Parenting Connections



We care.

**(845) 421-6381 or
(845) 421-6373**



This service is funded by the New York State Office of Children and Family Services.

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Home visiting services offering support and information to expectant parents, new parents and their babies.



We care.

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We believe ...

- Healthy parenting begins prenatally.
- Being a parent is the most important, challenging and fulfilling job you will ever have.
- The first years of life are the most critical time in a child's development.
- All families have unique strengths and qualities.
- All parents can benefit from support and information.
- Positive parent-child interactions promote physical health, intellectual growth and emotional well-being.
- Family support services should be based upon respectful and trusting relationships.

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or (845) 421-6373

We offer ...

Middletown Healthy Families provides home visiting services by trained Family Assessment and Support Workers.

Family Support Workers share updated information about prenatal development, parenting, child development, health care and local community resources.

Middletown Healthy Families helps parents to take action in reducing life stressors and maximizing opportunities to bond with their babies, during and after pregnancy.

Family Support Workers respect the strengths of the families with whom they work, support them in identifying their dreams and planning steps to make those dreams come true.

Middletown Healthy Families holds monthly parenting support groups to share information and provide socialization opportunities for parents.

We care.



Who can participate?

All pregnant women and families with children under three months old, living in the 10940 zip code area are eligible to be screened for service.

Services are available in English and Spanish.

There are no fees for any of our services which include assessment, home visiting and parenting groups.

Eligible families can participate with Middletown Healthy Families until their children enter Head Start or kindergarten.