



Opportunities
FOR OTSEGO

BUILDING HEALTHY FAMILIES

Opportunities for Otsego
3 West Broadway
Oneonta, NY 13820
www.ofoinc.org

This program is funded in part by:
Healthy Families New York program of the NYS
Office of Children and Family Services
Otsego County Department of Social Services

Services are available to eligible
households regardless of race, ethnicity,
religion, language, ability, or sexual orientation.

For more information contact OFO at:

**607.433.8000 or
800.986.5463**

Monday – Friday
8:00 AM – 5:00 PM

Building Healthy Families

Getting Started



607.433.8000 | 800.986.5463

Supporting Parents Right from the Start



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What Is Building Healthy Families?

Building Healthy Families is free and voluntary service that can:

- Connect you to community resources
- Help you welcome your new baby

How Can I Get Involved?

If you are expecting a baby or have a newborn:

- Call us at **607.433.8000**
- Apply online at www.ofoinc.org

A Family Assessment Worker will contact you to set up a home visit

What Happens During a Home Visit?

- You and the Family Assessment Worker will talk about what will make you a good parent
- You and the Family Assessment Worker will talk about the things that you are having a hard time with
- Families usually talk about what they want for their baby, their history, what it is like for them right now, and their dreams for the future
- At the end, the Family Assessment Worker lets you know about community resources that you may be interested in, like...

Parent Groups	Housing Services
Financial Supports	Nutritional Services
Support Groups	Home Visiting Programs

And Many More!!

The Goals of Building Healthy Families are to:

- Enhance the health and development of your entire family
- Reduce the stress that comes with being a parent
- Strengthen the bond between you and your child
- Help you gain independence

“ Building Healthy Families provided more for my family than I would have ever imagined. ”

www.ofoinc.org

