

If you would like to learn more about ...

- what to expect during labor and delivery
- breastfeeding/bottle feeding
- bonding with your baby
- family activities that promote development in your child
- how to balance the demands of parenting with other responsibilities
- latest research and information on raising a healthy child and taking care of your family

... then, **Healthy Families**
is for you!

Where to find us:

2215 Burdett Avenue
Troy, NY 12180
(518) 274-1279
fax (518) 271-7219

1528 Columbia Turnpike
Castleton, NY 12033
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Samaritan Hospital
Northeast Health

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Healthy Families
of Rensselaer County

**Supporting you
in your most
important role ...
being a parent.**



Finding reliable, friendly support in the community can be challenging...

Healthy Families of Rensselaer County brings the support to you by offering two different home-based services that are free for expectant families and new parents!

Our assessment service helps you identify the successes and stressors that are unique to your family. After the assessment, you are provided personalized referrals that meet your family's needs and goals.

Our home visiting services allow you to receive information that meets the needs of your family on a regular basis. These services are offered long-term.



Healthy Families of Rensselaer County provides:

- In-home family assessments
- Assistance in the planning for the arrival of your baby
- Regularly scheduled home visits with a trained family support worker
- Information about infant and child development
- Fun activities that nurture the parent/child relationship
- Developmental screening
- Information and referrals to community agencies (such as job training, ESL classes, legal services, GED preparation classes, medical insurance and much more!)
- Ronald McDonald House Family Resource Center (home visiting families gain in office access to computers!)
- Adults & Children Together (ACT) Against Violence Parenting Class (home visiting families learn how to teach children non-violent ways to resolve conflict.)

Personalized for your family

At Healthy Families of Rensselaer County, we support parents as they work on goals that are important to their family. We collaborate with area hospitals, doctors, schools and community agencies to help individuals feel confident and enthusiastic about their role as parents.



You and your family are eligible if:

- You or your partner are pregnant or are the parents of a new baby (younger than 3 months old)
- You live in Rensselaer County

Interested in learning more?

Contact us at (518) 274-1279 or HFRC@nehealth.com. Servimos alas familias que hablan Espanol.