

Family Voices Tell the Story!



"This has been the best program, and I feel like I have the support I need with healthy families, it's the best."

"We receive a lot of useful information and always get help from healthy families when we need it. I have recommended this program to other moms."

"This program has given me so much information. I recommend this program to any father, or parent for that matter young or old. My son is more advanced because of this program, I know that for a fact. "

Referrals to Healthy Families
can be made using this QR code.



or go to
<http://www.pphd.ne.gov/Pages/hfa.htm>

YOU CAN ALSO SELF-REFER!



If interested in more info call/text
(308) 765-5249 or
email dbrandt@pphd.ne.gov

**SERVING ALL
PANHANDLE COUNTIES**



**ARE YOU PREGNANT
OR PARENTING
AN INFANT THREE
MONTHS OR YOUNGER?**

Pregnancy and Parenting
can be overwhelming and
confusing at times.

**YOU ARE
NOT ALONE**

We partner with families to
help during this special time!
Healthy Families is **FREE** and
VOLUNTARY!

● ● ● ● WE OFFER ● ● ● ●

Support in the Comfort of
Your Home

Circle of Security Parenting

Referrals to
Community Resources

Incentives - Ask Us More
About This!

● ● ● ● WE PROVIDE ● ● ● ●
SUPPORT

What to Expect When Expecting
Breastfeeding

Child Development
Bonding and Attachment

Child Health
Early Language and Literacy Activities

Positive Parenting Practices
Safe Sleep

