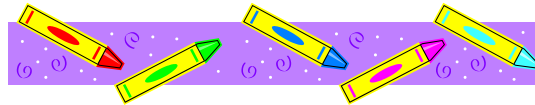


Sounds Great! Now What?

- * Do you live in Carroll, Lee, Ogle or Whiteside County?
- * Spanish speaking? No problem. HFI has a bi-lingual home visitor (*Habla español ? No hay problema. HFI tiene un hogar visitante bilingüe*)
- * Are you pregnant, a first time mom or a teen mom?

To learn more about the Healthy Families Program call one of the following Sinnissippi Centers office locations:

Sterling	815-625-0013
Dixon	815-284-6611
Rochelle	815-562-3801



Contact Information

Sinnissippi Centers
2611 Woodlawn Road
Sterling, Illinois 61081
815-625-0013 or
800-782-1584

Dixon Office
815-284-6611

Rochelle Office
815-562-3801

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Healthy Families Illinois is accredited by Prevent Child Abuse America



**Pregnant?
New mom?**

**Healthy Families
Illinois can help**

*Together we can build a
strong, healthy family*



**Phone: 815-625-0013
800-782-1584**

The Best for You and Your Baby!

The Healthy Families Illinois (HFI) program of Sinissippi Centers is part of a national program to support new parents and their children get off to a healthy start.



The Goal of HFI...

...is to provide parents with support and the best information available on prenatal care, children's health, development and education.

All Healthy Families services are FREE, VOLUNTARY, and CONFIDENTIAL!

What Can Healthy Families Do For My Baby?

Healthy Families can assist by:

- * Providing you and your baby with a Home Visitor
- * Lending you toys and/or books from the HFI lending library
- * Offering developmental screens for physical, social and emotional milestones
- * Offer support for doctor visits, immunizations and WIC appointments
- * Offering groups for support and education
- * Sharing educational materials to increase your knowledge of baby



Healthy Families Illinois believes you are the expert on your baby!

What Can Healthy Families Do For Me?

Your Home Visitor can assist by:

- * Offering support
- * Having someone to talk to
- * Sharing ways to cope with a new baby
- * Linking you with community resources (GED, housing, DHS, food, etc.)
- * Offering educational materials to enhance your knowledge of baby



What About Family Members?

Healthy Families Illinois believes in strengthening the entire family. Mothers, fathers, significant others and siblings are all invited to participate.