

# Sounds Great! Now What?

To learn more about Healthy Families Illinois at Sinnissippi Centers or to make a referral please contact us at

**815-284-6611**

Spanish speaking? No problem. HFI has a bi-lingual home visitor (Habla español ? No hay problema. HFI tiene un hogar visitante bilingüe)

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



**Phone: 815-284-6611**  
**24hr. & crisis 800-242-7642**



## Sinnissippi Centers Offices

### Dixon office

325 Illinois Route 2  
**815-284-6611**

### Mt. Carroll office

1122 Healthcare Drive  
**815-244-1376**

### Oregon office

100 Jefferson St.  
**815-732-3157**

### Rochelle office

1321 N. 7th St.  
**815-562-3801**

### Sterling office

2611 Woodlawn Rd.  
**815-625-0013**



You Have the  
Heart  
We Can Help

*Together we can build a  
strong, healthy family*



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Sinnissippi Centers is a United Way of Lee County partner agency.

Healthy Families Illinois is accredited by Prevent Child Abuse America.



## The Best Start for Baby Begins With You...

The Healthy Families Illinois (HFI) program at Sinnissippi Centers (SCI) is part of a national program to support individuals and families who are expecting a baby or have newly welcomed a baby into their lives.

Healthy Families Illinois services through SCI are available in Carroll, Lee, Ogle, and Whiteside Counties.



### The Goal of Healthy Families Illinois...

...is to help caregivers feel confident about their role.

Healthy Families Illinois offers caregivers support by sharing the best information available on prenatal care, children's health, and child development.

## But You Don't Have to Do It Alone...

### Healthy Families Illinois helps by:

- \* Providing caregivers and baby with a Family Support Specialist
- \* Providing personalized home visits before and after baby arrives
- \* Offering support for doctor visits, immunizations and WIC appointments
- Providing opportunities to interact with other caregivers and children during monthly groups
- Helping support developmental milestones through age appropriate screenings and activities
- Providing a Lending Library full of books, toys, and activities for caregivers and baby



***"A new baby is like the beginning of all things...hope, a dream of possibilities."***  
- Eda LaShan

**Babies Don't Come with Instructions, But They Can Come With a Family Support Specialist!**

### Family Support Specialists help by:

- \* Knowing that you know your baby best and are the most important person in their life!
- \* Answering Questions that come with pregnancy and raising a child based on knowledge and experience
- \* Linking caregivers with community resources (GED, housing, DHS, food, etc.)
- \* Providing opportunities to build the bond between baby and caregiver



## What About Family Members?

Healthy Families Illinois believes in strengthening the entire family. Every family is different and our Family Support Specialists will work to include all the important people in each child's life.