

NEW BEGINNINGS FOR A HEALTHY FAMILY



Being a parent is the best and most difficult job you'll ever experience. New Beginnings is a self directed, free program, with regular visits made by a Public Health Nurse or a Parent Aide. We can help with:

- Finding infant resources (strollers, formula, etc.).
- Juggling work, school and parenting
- Identifying and achieving your short and long term goals
- Coping with the stress of everyday life
- Information on healthy growth and development for your child
- Identifying and building on your family's strengths
- Managing family or emotional problems
- Working on other problems that concern you
- Being available for confidential support and encouragement

To Participate in our program please call:
637-5251