



"A child is a
gift whose
worth
cannot be
measure
except by the
heart."

- Theresa Ann Hunt



**Healthy Families
America**

**HEALTHY FAMILIES MINNESOTA
FAMILY CENTERS HOME VISITING**

*Serving the Communities of:
Northland, Pillager, and Pine River-Backus Areas*





Offering HOPE and helping families THRIVE...

*"I went from no hope to having accomplished a lot more than I ever imagined I could."
"[The Family Support Specialist] taught me to believe in myself."*

Family Centers Home Visiting has been serving our communities since 2006, and is nationally accredited through Healthy Families America.

Family Center Home Visiting is a free program through the Pine River-Backus, Northland & Pillager Family Centers. Home Visiting begins prenatally or before your child is 3 months old and continues through their third birthday. Weekly home visits are filled with fun activities & information about your child's development. From charting their first milestones, to identifying qualities and characteristics you want in your child, Family Support Specialists help you, as a

parent, pick out what is important to you and create ways to instill those same values in your children! Connect with your local Family Center to learn more about Home Visiting & other parenting resources in your community!

Pine River-Backus Family Center - Pine River, MN
(218)-587-4292

Northland Area Family Service Center - Remer, MN
(218)-566-3636

Pillager Area Family Center - Pillager, MN
(218)-746-4009



Serving Families Prenatally through 3 years old

Whether you are a first time parent or a fifth time parent, Family Center Home Visiting can help strengthen your family, encourage you as a parent, and help prepare your children for school and learning. Starting prenatally through your child's third birth day, Family Support Specialists offer resources and support to help you learn alongside your baby as they grow and develop.

Growing Great Kids & Growing Great Families

As a strengths-based curriculum which promotes parent-child relationships and healthy childhood development, Growing Great Kids & Growing Great Families offer: fun activities that support your child's growth and development, ideas for making age-appropriate toys from common household items, and creative self-care techniques for parents and caregivers.

