

What is Healthy Families America™ (HFA) South Central Counties?

- HFA South Central Counties puts parents in the driver's seat!
- Home visitors will support expecting parents and those with infants less than 3 months old for up to 3 years.
- Home visitors help parents bring out the best in themselves by tapping into the skills they already have.
- Regular visits in the comfort of your own home or location of choice.



**A trust-based relationship
built between families and
their home visitors.**



Faribault, Martin, Watonwan,
Nicollet, Le Sueur, Waseca,
Cottonwood, & Jackson
Counties

About Us

We are always free of charge—and always completely voluntary.

Free!

Families who enroll can receive the support they need based on their specific circumstances.



Culturally respectful support is available to families.



We help parents develop and achieve goals related to what is most important to them, whether it's school, work, housing, childcare, health, relationships, or other life skills.



WE CAN HELP.

"When will my baby sleep through the night?"

"Why won't my baby stop crying?"



"Is it true that I could spoil my baby by picking him up every time he cries?"

WHAT FAMILIES ARE SAYING ABOUT US

"I'm so grateful for my home visit, and all the help, information, and resources she's provided for my family."

"They do such a great job. I'm very happy and would recommend to family and friends."

"Our home visitor is great. She understands us and supports us. We feel like she cares and puts her all into it."