

**Harford County  
Healthy Families** is a  
service provided to the  
Aberdeen community by  
Harford County Health  
Department, with the  
training and support of  
Healthy Families of  
America.



Harford County  
Healthy Families



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Healthy Families**  
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**Public Health**  
Prevent. Promote. Protect.

**Harford County  
Health Department**

**Harford County  
Health Department**

*"Healthy People in a Healthy Environment"*

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## *We Believe...*



Healthy Parenting begins prenatally.

Being a parent is the most important, challenging and fulfilling job you will ever have.

The first years of life are the most critical time in a child's development.

All families have unique strengths and qualities.

All parents can benefit from support and information.

Positive parent-child interactions promote physical health, intellectual growth and emotional well-being.

Family support services should be based upon respectful and trusting relationships.

## *We Offer...*

Harford County Healthy Families provides home visiting services by trained Family Assessment and Support Workers.

Family Support Workers share updated information about prenatal development, parenting, child development, health care and local community resources.

Harford County Healthy Families helps parents to take action in reducing life stressors and maximizing opportunities to bond with their babies, during and after pregnancy.

Family Support Workers respect the strengths of the families with whom they work, support them in identifying their dreams and planning steps to make those dreams come true.

Harford County Healthy Families holds monthly parenting support groups to share information and provide socialization opportunities for parents.



## *We Care.*



### **Who can participate?**

All pregnant women and families with children under three months of age, living in the 21001 zip code area are eligible to be screened for service.

Services are available in English and Spanish.

There are no fees for any of our services which include assessment, home visiting and parenting groups.

Eligible families can participate with Harford County Healthy Families until their children reach 3 years of age.