



WE VALUE:

- Family-centered services
- Relationship-focused services
 - Cultural competence
- Strength-based services

WHY CHOOSE US?

It's Free!

There is no cost to you; some services are covered by Medicaid.

It's Fun!

Bring your family to cool activities.

It's Easy!

We come to you.

It's Personal!

You will have a worker that's dedicated to you and your family.

CONTACT INFORMATION

CHESTERFIELD/COLONIAL HEIGHTS FAMILIES FIRST

6801 LUCY CORR BLVD.
CHESTERFIELD, VA 23832

CALL US, WE CAN HELP!

804-318-8648

Fax: 804-318-8409

HOURS OF OPERATION

**Monday-Friday
8:30 a.m.-5 p.m.**

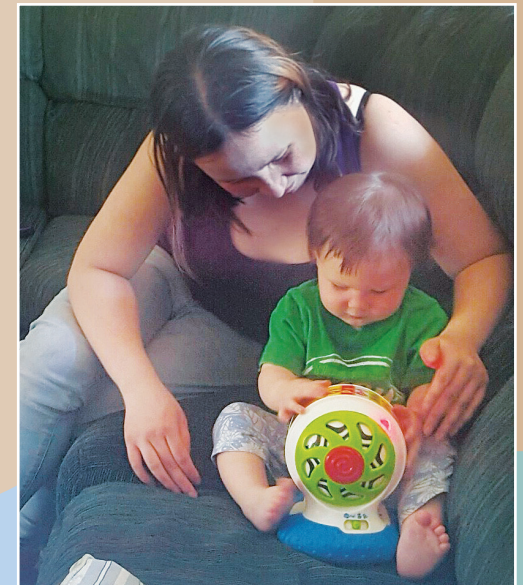
This brochure was produced in partnership with the Commonwealth of Virginia Healthy Families Initiative and the Virginia Department of Social Services



Parents as Teachers
Affiliate



**SUPPORTING FAMILIES
THROUGH THE JOURNEY OF PARENTHOOD**



**CHESTERFIELD COUNTY
MENTAL HEALTH SUPPORT SERVICES**



HELPING YOU IN THE JOURNEY

HEALTHY BABIES

Being a parent will be the greatest journey you will ever experience. Your body and life are about to change in a lot of ways. With Families First, you will:

- Get information about healthy pregnancy
- Learn Baby Basics
- Learn ways to keep your baby healthy
- Discover how babies play, learn and grow
- Access amazing techniques and materials



HEALTHY FAMILIES

Let us help with your parenting journey and make sure you have the tools you need. Our Family Support Workers and Parent Educators can help you:

- Adjust to parenthood when life changes after baby
- Talk about concerns and fears by knowing what to expect
- Find answers to questions about your growing child
- Set goals for yourself and your child that make you happy
- Learn to take a break when parenting leaves you overwhelmed

HEALTHY COMMUNITIES

Did you know your community offers a variety of resources and support? Let our trained Family Support Workers and Parent Educators help you find places that offer:

- Health care for yourself and your child
- Mental health resources
- Access to free and low-cost activities
- Employment services
- Housing resources
- Food assistance
- Prenatal development
- Prenatal health