

Our Vision

Strengthening the family unit

Our Mission

Empowering parents to raise healthy children

Your Adventure is Just Beginning!

The birth of a baby is **very exciting**, but we know all this new responsibility may be a bit scary. Let us make the transition a little less stressful because **A Good Start — Will Last a Lifetime!**

Why choose us?

It's EASY!

No need to leave your house, we come to you!

It's FREE!

No really, it's absolutely free.

It's FUN!

Get cool baby tips, advice and parenting secrets.

It's PERSONAL!

Meet your support worker that's dedicated to you and your family.

It's HELPFUL!

There are no crazy questions and every worry is real. We've heard it all.

... learn more inside

HEALTHY FAMILIES
RAPPAHANNOCK AREA



strengthening the family unit

3302 Bourbon Street, 2nd Floor
Fredericksburg, VA 22408

CALL: 540-374-3366

FAX: 540-899-4361

healthyfamiliesrappahannock.org



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Healthy Families Rappahannock Area

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<https://twitter.com/HealthyFamRA>



Rappahannock United Way
Member Agency

CFC #99291



CVC #6423

HEALTHY FAMILIES
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together

Healthy Babies

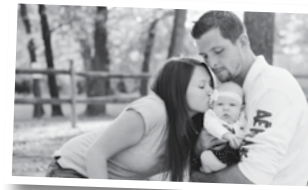
Being a parent is one of life's greatest adventures. Your body and life are about to change in a lot of big ways.

- + Get the scoop about a healthy pregnancy
- + 10 things to do before you deliver
- + Best ways to keep baby healthy
- + Learn the ABC's of Baby Basics
- + Top five new parents' safety mistakes
- + Get baby "Cheat Sheets"
- + Discover how babies play, laugh, and grow
- + Amazing techniques and materials



Healthy Families

Let us help with the parenting roller coaster and make your life easier. Our **Family Support Workers** can help you:



- + Adjust to parenthood when life changes after baby
- + Talk about concerns and ease your fears by discovering what's next
- + Answer questions about your growing baby
- + Set goals that make you happy
- + Give yourself a break when parenthood leaves you overwhelmed
- + Develop a family routine

Healthy Communities

Did you know your community offers a variety of resources and support? Let our **Family Resource Specialists** help you navigate to find places that offer:

- + Health insurance and benefits
- + Counseling services
- + Housing assistance
- + Employment services
- + Education assistance
- + Other available resources



Call us, we can help:
540-374-3366

