

Healthy Families America®

We partner with pregnant parents and caregivers of children under 3 months old for healthy child development and family well-being.

Who is this for?

Healthy Families America® is a program for pregnant parents and caregivers or those caring for children younger than 3 months old. We also accept Metro-area county child protection referrals for families with children under the age of 24 months.

Many parents in our program can say at least one of these statements:

"I am a single parent."

"My family lives on a low income."





"I was abused as a child" or "I had a hard childhood."

"I have current or former issues with substance abuse."

"I have a current or former mental health diagnosis."

"I have current or former experience with domestic violence."

You can learn how to:


-  Create a healthy bond with your child
-  Think through parenting experiences
-  Set goals and make a plan for success
-  Use tools to track your child's development

This program gives you a safe place to ask questions and get real help through regular home visits and parenting support groups.

Your Family Support Specialist can also connect you with community resources so your family is safe and supported.

Insurance covers the cost of this program for most parents, and grant funding is available for those without insurance living in Hennepin County.

Want to learn more?



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