Healthy Families
Douglas County

Having a new baby can be stressful for anyone. Healthy Families is here to support you.

About the program:
- No cost
- Voluntary participation
- Offers support from a nurse or social worker
- Provides assistance with transportation to medical and WIC appointments
- Offers parenting tips and guidance
- Helps set and reach goals
- Links participants to community resources
- Offers opportunities to network with other parents and children
- Provides services in English and Spanish

The program is for:
- Douglas County residents who are pregnant or have a child under 3 months of age. Residents can opt to remain in program until child enters a preschool program or kindergarten.
- No income guidelines.

For more information or to refer a family: Contact Healthy Families Supervisor Jenn Preston at 785-856-5336 or jpreston@ldchealth.org

www.ldchealth.org/HealthyFamilies