



PHILLY FAMILIES CAN is here to answer questions and connect families to voluntary, personalized support!

Services for new parents and parents-to-be are offered in a language you understand in the place where you're most comfortable — at home!

Pregnancies, babies, and toddlers don't come with instruction manuals, so it is completely normal to want some extra support.

How much or how little support you get is all up to you. And it's all at no cost to you and currently virtual — you can get it at home or where you and your family are most comfortable.

Services available through home visiting:

- Support during pregnancy, after giving birth, raising toddlers, and baby & parents
- Support for sleep, nutrition, and emotional well-being
- Help with breastfeeding and feeding your baby with certified professionals
- Help getting special services for your baby
- Help for parents as first teacher in children's lives
- Pre-K readiness and early literacy activities, books and toys (16 months+)
- Referrals for housing, childcare, job training, health care and more
- Play groups for socialization with other families*
- Opportunities for families to connect and share experiences*
- Support to continue school or return for diploma or GED (21 and under)
- A nurse or support person to offer guidance, care, and information



Who will I be talking to when I call?

You will speak directly with Stephanie Foster, our **Home Visiting Intake Coordinator** to find the support that's best for you!

Visit phillyfamiliesCAN.com or call **215-685-4701**

Programs:

Carson Valley Children's Aid PAT, CHOP Early Head Start, Early Intervention, Health Federation Early Head Start, Mabel Morris, Maternity Care Coalition, Nurse Family Partnership, PDPH Healthy Start, PDPH MOM PAT, ParentChild+, People's Emergency Center PAT, School District of Philadelphia - ELECT