



## What is Healthy Start?

Healthy Start is a voluntary home visiting program for expecting or new parents.

It is similar to successful programs such as Healthy Families America. It is funded by a grant, and there are **NO** charges for the service you and your child receive!!

**Healthy Start Counseling Services are made Available by an enhancement grant through the Department of Human Services.**

**You can have access to Healthy Start Counseling Services by contacting your Family Support Worker at either:**



### **The Children's Foundation**

A Program of The Children's Home and Aid Society of Illinois

403 South State Street  
P.O. Box 1163  
Bloomington, IL 61702  
(309) 827-0374



### **The Baby Fold**

612 Oglesby Avenue  
Normal, IL 61761  
(309) 454-1770



# Healthy Start

A Healthy Families America Credentialed program

## Counseling

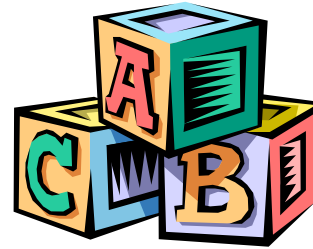
There are times when life's challenges make it difficult to make decisions or to consider one's alternatives. The Healthy Start Counselor is ready to listen and to help you find your options.



## What are Counseling Services?

The counseling services offered through the Healthy Start Program are:

- Voluntary
- Professional
- Confidential
- In home therapy
- Individual
- Caring
- Empowering
- Free of charge



## What are some of the goals for Healthy Start Counseling Services?

- Provide prompt assistance to participants under stress
- Assist participants to work through their present life difficulties
- Empower participants to identify personal strengths and ways and/or skills to prevent future crises
- Assist participants to increase self-esteem
- To work in collaboration with a Healthy Start Family Support Worker to give the participant's family the healthiest start possible

## Healthy Start Counseling Services provides you with:

- Someone to listen
- Someone to help you find your own choices
- Someone to help you work through your feelings
- Someone to help you feel less lonely
- Someone to help you deal with depression and anxiety
- Someone to help you find your own path in life

