



Parenting is a BIG JOB. We can help.

Healthy Families Pasco-Hernando is still providing the same great services to pregnant women and new families in our community. Healthy Families is a free, voluntary program that gives families useful information on parenting and child development.

In response to the COVID-19 outbreak, these services will be offered virtually or by phone, to meet the needs of families in the community. There will be no change to the services we provide. The only change will be to the way in which we provide them. We will be providing educational information, child development screens, community resources, activities to do with children, and other individualized information through secure email and texting services or mail.

Additionally, we have canceled our groups until further notice. In the meantime, please view our social media pages for up to date and useful information.



We want families in our community to have the support they need to reach their goals and build a bright future for their children.

Eligibility Requirements

If you are expecting a child or have a baby that is under 3 months old and you live in the service area, you may be eligible for services.

Know someone who is pregnant that you would like to refer? Call, text or email us at:

West Pasco

727.243.7737

jbeldotti@pascokidsfirst.org

East Pasco

352.585.6727

ycosme@pascokidsfirst.org

Hernando

352.585.4156

vpadilla@pascokidsfirst.org

We accept direct referrals from community partners.

Stay safe and well wishes.

Warmly,

Dana Selfridge, MPA

Healthy Families Program Manager

[727-247-8335](tel:727-247-8335)/dselfridge@pascokidsfirst.org





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Healthy Families Pasco-Hernando Services include:

- Information on child growth and development including support services for developmental delays
- Assistance with well-baby checks and immunizations
- Safe sleep and home safety education
- Depression screenings
- Support for building healthy relationships
- Support with substance abuse including assistance with recovery efforts and coping strategies
- Providing healthy ways of managing and coping with everyday stress
- Identifying and helping families reach personal and family goals
- Assistance with developing birthing plans, family planning, breastfeeding and nutrition support
- Selfcare and mental health support including connecting families to counseling
- Dental education and assistance
- Additional support for teen moms
- Additional support for fathers
- Connecting families with the services they need through community providers
- Interactive Facebook and Instagram pages including important updates, messages, parenting tips, and more.
- Bilingual Family Support Workers
- Male Family Support Workers
- Encouragement and Empowerment

Healthy Families Pasco-Hernando also offers Mommies, Daddies and Me parenting groups that are free to the public. The groups include useful fun family activities, educational information, opportunity to connect with other pregnant women in the community, raffles and fun prizes, and more. *In response to the COVID-19 outbreak, we have canceled our groups until further notice. In the meantime, please view our social media pages for up to date and useful information.*