

Cayuga/Seneca Community Action Agency

Helping People. Changing Lives.

On Her Own Path

In March of 2008, Ciara, a single mother of a week-old baby boy, enrolled in Healthy Families Cayuga/Seneca and began her amazing journey towards success and self-sufficiency.

With assistance from her Family Support Worker, Ciara developed and achieved several sets of goals that she considered important, not only to her future, but also to the well-being and future of her baby. Ciara has achieved those goals through hard work and dedication and continues her commitment to making a better life for herself and her son, Eathin.

Since enrolling in Healthy Families, Ciara has moved out of her parents' home and into her own apartment. She has purchased new furniture and her own washer and dryer. She is enrolled part-time at Finger Lakes Community College, recently became employed at her second job, and is preapproved for a loan to purchase her own home. In addition to her busy schedule, Ciara also set several developmental goals for Eathin and she worked hard to help him achieve those goals, including having him sleep through the night, helping him learn to crawl, and working with him to say "ma-ma."

Ciara has done a remarkable job of becoming self-sufficient with the assistance of her Healthy Families Support Worker. She said she is "proud to be part of this program" and is "very thankful that she and her son have had so much support and have gained so much information from Healthy Families."