

# **Cayuga/Seneca Community Action Agency**

*Helping Families. Changing Lives.*

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## **HEALTHY FAMILIES CAYUGA/SENECA**

Located at the Agency's Site IV and Seneca Office, Healthy Families Cayuga/Seneca is a free and voluntary program designed to provide support and information to new and expectant parents of all ages. It is comprised of several components including providing the most up-to-date information on child health and development, promoting parent-child interaction, and supporting and assisting families to achieve and sustain self-sufficiency.

If they meet the criteria for enrollment, parents are encouraged to begin the program prenatally. At that time, the program focuses on having a healthy pregnancy and birth. When the baby is born, the focus shifts to the importance of the child's health and development.

A Healthy Families family support worker provides information and activities to promote parent-child interaction and bonding and child health and development targets. With assistance and support from the family support worker, parents set life goals for themselves and developmental goals for their babies and are encouraged to work toward achieving these goals.

Healthy Families Cayuga/Seneca also sponsors quarterly group meetings to provide information, food and snacks, and supportive networking to our families.

Healthy Families Cayuga/Seneca collaborates with many local agencies and businesses as part of a support network that identifies the families in need of our services and through which our staff make referrals.

**For more information, please call 315-283-2030.**