

## What else will you get?

Our program will introduce you to other parents with whom you can share your experiences in group sessions and outings. We have toys and books, and we'll teach you how to stimulate your child's brain. If your child gets sick, we'll refer you to medical facilities and help you set up the appointments.

### *Who can be part of this program and for how long?*

Parents expecting a child and families with a baby younger than 3 months, AND who live in the 11210, 11218, 11225, 11226, 11233, and 11238 zip codes, can join the program. You can choose to stay in the program until your child is 5 years old or enters Head Start.

We can refer you to a home visiting program in your neighborhood if you don't live in the 11210, 11218, 11225, 11226, 11233, or 11238 zip codes.

### *How much will it cost?*

Our services are free, voluntary and confidential.

## Who are we?

CAMBA is a non-profit agency that provides services that connect people with opportunities to enhance their quality of life. CAMBA is based in Brooklyn and serves 45,000 individuals each year.

Our staff lives in or around the community.

We speak French, Haitian Creole and Spanish.

This program is funded by the New York State Office of Children and Family Services



## Call or Visit Us.

### *CAMBA's Healthy Families Home Visiting Program*

21 Snyder Avenue  
Brooklyn, New York 11226

#### *Directions:*

B41 or B35 to Church and Flatbush  
or the B or Q train to Church Avenue

T: 718.826.2223

F: 718.826.0291

[healthyfamilies@camba.org](mailto:healthyfamilies@camba.org)

#### *To learn more visit*

- [CAMBA.org](http://CAMBA.org)
- [HealthyFamiliesNewYork.org](http://HealthyFamiliesNewYork.org)



Office of Children  
and Family Services



# Supporting *Families* Right from the Start





## What is CAMBA's Healthy Families Home Visiting Program?

CAMBA's Healthy Families Home Visiting Program helps parents with the changes in their lives that come along with pregnancy and the birth of a child.

Having a new baby can be both exciting and overwhelming. Whether you are a first-time or a repeat parent, we want to make you feel comfortable and give you confidence to do a good job as a mother or father. We will spend time talking, showing, sharing and supporting you to become the best parent you can be.

We want to help you connect to prenatal care, WIC and health insurance, a medical doctor, immunizations and a screening for lead exposure.



## What will the program do for you?

You know your baby best. We will support you in knowing more about:

- How to calm a crying baby
- How to recognize when to take your baby to the doctor
- How to create a safe and friendly home for the baby
- How to stimulate your child's physical and emotional growth

We will provide you with developmental screenings so you can know more about the stages that your child is going through. If we find that your child needs extra help in reaching a particular stage, we will make a referral to Early Intervention.

We will make referrals to services that you may need, such as: health insurance, ESL, GED, job training, SNAP (food stamps) and other public benefits.

## How does the program work?

A Home Visitor will come to your home to talk to you about your needs. If our program fits your needs and you live in the 11210, 11218, 11225, 11226, 11233, and 11238 zip codes, one of us can become your Home Visitor and will work with you in your home.

We'll provide you with information on topics such as:

- The changes in your body in pregnancy
- The baby's development throughout the pregnancy
- Breastfeeding
- Immunizations
- How to prevent Sudden Infant Death Syndrome (SIDS)
- Suggestions on how to feed, bathe and soothe the baby
- Child development
- Family planning

We'll provide you the emotional support and courage to deal with the stress of being a parent. Most important, we'll help you enjoy being a parent.

Supporting  
*Families*  
Right from the Start

*For more information:*

- **COME BY OUR OFFICE** AT 21 Snyder Avenue,  
Brooklyn, New York 11226
- **CALL** 718.826.2223
- **EMAIL** [healthyfamilies@camba.org](mailto:healthyfamilies@camba.org)
- **VISIT** [CAMBA.org](http://CAMBA.org) OR [HealthyFamiliesNewYork.org](http://HealthyFamiliesNewYork.org)



# How will CAMBA's Healthy Families Home Visiting Program help you?

*You know your baby best. We will support you in knowing more about:*

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