



"I love this program because it helped me become a better mother. There are new things to learn about your child every day and Healthy Families helps you go through the process." --Taylor

"Healthy Families helped my child with her language development and with all areas of her development. They have helped me deal with my stress and anxiety so I can be a better parent to my child. The program also helped me in times of emergencies to find the resources I needed." --Jo

We're on a mission to create a world where every child grows up in a safe and nurturing home.

Founded in 1975, Shelter, Inc. is a leader in Chicagoland for providing emotional and physical care, programs, and services that children need to build safer, healthier, and brighter futures. We are the only agency in the state to provide comprehensive and community-based services for children and families at risk and in need. Our programs include emergency housing, transitional living, foster care, home visiting and clinical support services.

**24-Hour Referral Line
847.255.8060**

1616 N. Arlington Heights Road
Arlington Heights, IL 60004
shelter@shelter-inc.org
www.shelter-inc.org



HAVING YOUR FIRST BABY?

Or know someone that is?

HEALTHY FAMILIES OFFERS FREE ONE-ON-ONE SUPPORT



Get the support you need during the first five years of your child's life to create a healthy family.

As your child's first teacher, you are the most important person in their world. You can help your child feel comforted and secure by finding ways to support their healthy development. And you don't have to do it alone.

Shelter's Healthy Families program is a nationally recognized home visiting program that offers five years of free one-on-one support for first-time parents of all ages. Our Family Support Specialists will help you bond with your child and encourage your growth as a parent.

For more information or to enroll, contact Lynn:
lpucklewartz@shelter-inc.org
847.595.0235



Why Shelter's Healthy Families Program?

→ Experienced Team

Shelter has been providing home visiting services for more than 25 years. We were one of the first Healthy Families Programs in the state and the model for other Illinois programs. Our staff of Family Support Specialists are caring individuals with experience and training in child development.

→ Inclusive

We are the only Healthy Families Program in Northwest Suburban Cook County serving first-time parents of all ages.

→ Five Years of Free Support

Through regular home visits during your child's most formative years, a Shelter Family Support Specialist will help you:

- Learn skills to help with stress management, effective discipline, health care and nutrition
- Connect you to community resources, such as job training, food assistance and mental health support
- Build strategies to cope with the challenges of being a new parent
- Understand your child's developmental milestones and early learning
- Engage in parent/child activities brought to you by Shelter staff