

## Our Partners Include:

- ◇ Community Behavioral Health
- ◇ Somerset Co. Health Department
- ◇ Somerset Co. Dept. of Social Services
- ◇ Worcester Co. Health Department
- ◇ Worcester Co. Dept. of Social Services
- ◇ Healthy Families Maryland
- ◇ Healthy Families America
- ◇ Three Lower Counties Community Services Inc.
- ◇ Somerset Co. Infants & Toddlers Program
- ◇ Worcester Co. Infants & Toddlers Program
- ◇ Somerset Co. Board of Education
- ◇ Somerset Co. Judy Center Partnership

## Funded By:

Maryland Dept. of Human Resources  
Maryland Dept. of Education  
Maryland Dept. of Health & Mental Hygiene  
Somerset County Local Management Board  
Wicomico County Health Department  
Safe and Stable Family Programs  
Healthy Families Maryland

## Contact Us:

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Healthy Families Lower  
Shore



## Our lead agency is Community Behavioral Health

Community Behavioral Health is a state-licensed, Joint Commission Accredited, Outpatient Mental Health Clinic located throughout the Eastern Shore of Maryland and Columbia, Maryland.

We provide access to timely, high quality, and affordable care in a welcoming and reassuring setting.

We offer collaborative comprehensive services to children, adolescents, and adults. Our services include Medication Evaluation and Management, Skills-based Individual, Family, and Couples Therapy, Addiction Treatment, School-based Mental Health Services, Forensics Mental Health Clinic, Behavioral Health Home, Psychiatric Rehabilitation Program (PRP) services, Intensive Outpatient Programs (IOP), and Transcranial Magnetic Stimulation (TMS).

All services are provided in a collaborative manner by licensed adult and child psychiatrists, and therapists.



# ChallengeForChange

# Healthy Families Lower Shore

Healthy Families America  
& Growing Great Kids  
Home Visiting Program



A Program of  
Community Behavioral Health  
[www.communitybehavioralhealth.net/hfls](http://www.communitybehavioralhealth.net/hfls)

30519 Prince William Street Princess Anne, MD 21853



2015 Family Picnic Photo by Anne Large

## About Healthy Families

Healthy Families Lower Shore began in 1998. Since then we have served over 1000 local families.

Home visits are the center of the Healthy Families program. The program matches parents with a trained home visitor who comes to wherever you live or another convenient location. Home visitors are friendly, experienced people who can answer questions about pregnancy and being a parent.

The parent-child activities and information provided during the home visits are drawn from the nationally-respected early childhood curriculum, Growing Great Kids.

We also maintain an up-to-date resource guide. Referrals are often made to other local community agencies, who may be able to assist families in finding services needed to help them care for themselves and their children.

## HFLS Can Support You To...

- ◆ Learn more about your growing baby.
- ◆ Play with your child in ways that will help them thrive.
- ◆ Stay in school or continue working.
- ◆ Solve day to day problems.
- ◆ Create and achieve goals.
- ◆ Find community resources and services, such as:
  - Prenatal care
  - Medicaid
  - Pediatric care
  - WIC



## Who Can Join?

All expectant parents or families with young children that reside in our serving areas can participate in this program.

Our serving areas include all of Somerset County and Southern Worcester County (Pocomoke, Girdletree and Stockton).

This is a program that is free and does not charge any insurances.

## Your Home Visitor ...

**C**alls and comes to visit you during pregnancy and after birth.

**A**nswers your questions about your pregnancy and your growing child.

**R**efers you and your family to needed services.

**E**ncourages you to do your best and helps you set goals for yourself.

**S**hares child development information.

