



WHO WE ARE

A home visiting program to help parents with the changes that come with the birth of a baby.

We offer services to expecting parents and parents of newborns.

Early on, visits are weekly to get to know the family. Visits decrease as the child grows and last until preschool.

Babies don't come with a manual, but they can come with a nurse.



If you are interested in receiving services, please send an email to:
PersimmonySupport.HHSA@sdcounty.ca.gov

You may also call
Office of Nursing Excellence
(858) 944-6500
or dial 211 to get more information.

**FOR MORE
INFORMATION
SCAN HERE:**



 **Healthy Families**
San Diego County™

A NO-COST NURSE
HOME VISITING PROGRAM



FAMILY SUPPORT

Where we focus our support:

- Access to prenatal care
- Bonding
- Health care needs
- Healthy relationships
- High-risk pregnancies
- Pregnancy loss or early birth



HEALTHY FAMILIES
SAN DIEGO COUNTY
ENHANCES THE HEALTH
AND WELLBEING OF
INDIVIDUALS, FAMILIES,
AND COMMUNITIES

WHAT WE OFFER: Family Assessment

Our team will visit you at home or wherever you prefer. We will talk about your needs and where you would like support as a parent. We will explain the program and offer community resources.



WHAT WE OFFER: Home Visiting

You will be matched with a Public Health Nurse to support you and your family.

Visits Include:

- What to expect during labor and delivery
- How to raise a healthy child
- Breastfeeding/bottle feeding support
- How to care for your family's health
- Connection to community resources
- Stress management

