

If you live in **Saratoga County**;
AND you or your partner are
pregnant; **OR** you have a baby
who is younger than 3 months
old, please reach out to discuss
our program.



Contact Us

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Program Manager

Office

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Hours

M-F
8am-4pm

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Funded by:



Office of Children
and Family Services

Healthy
Families NY



A home visiting program for Saratoga County families



Family Support Matters

- Babies begin to learn even before birth & those first 3 years are critical for their brain development.
- We provide answers to your questions about pregnancy, labor, delivery, breastfeeding, and infant care.
- We help you to connect to other families and community resources.

Why Choose Healthy Families?

- The program is free
- 100% voluntary
- Strength-based approach
- On-going support
- Long-term services
- Services available until child enters school



Healthy Families partners with families in our communities to raise happy, healthy, safe and school-ready children.

What should I expect during a visit?

Healthy Families Saratoga County is a strength-based, family-centered program that operates with a trauma-informed approach.

Our services empower parents to help children develop the social, emotional, and cognitive skills they need to succeed in life.

Before Baby Arrives

During the prenatal period we can help you track the baby's development month by month, and help you prepare for life once the baby arrives.

Preparing for Birth

Staff are available to talk to you about birth options and can provide breastfeeding support. We work closely with many community agencies and provide referrals if assistance is needed.

After Baby Arrives

We help you and your child learn about the world through play while building lasting brain connections, and work closely with families to help identify any developmental milestone strengths or concerns.