



# Family Spirit

The Family Spirit Program offers support and education for Parents from pregnancy to 5 years post partum. It is a Culturally based in-home visiting program designed for and by Native American families

Support and Education is provided by a trained and certified Family Spirit CHR in:

- Prenatal Care
- Infant/Toddler Care
- Family Health & Nutrition
- Healthy Lifestyle & Relationships
  - Budgeting
- Career & Education Goal Setting

For more information contact:

Denita Carson at (707) 467 - 5654

