

BROOKLINE TAB



THURSDAY, AUGUST 30, 2007

Support for young parents

Where can young parents turn for support and information to help them build good parenting skills? Boston Neighborhoods Healthy Families at Crittenton Women's Union is a voluntary, strength-based home visiting program for first-time parents under the age of 20 at the time of their referral, and are pregnant or parenting a child 3 years old or younger.

The 10-week group focuses on the health and wellbeing of the parent and the child, and on parenting relationships. Parents participate in dinner and a group discussion/activity, while Healthy Families staff members and volunteers provide childcare. Participants come from various neighborhoods of Boston and Brookline to discuss health and wellness topics, including child health and development, finding quality childcare, budgeting, healthy relationships and the links between violence, racism and sexism.

Most Healthy Families referrals come from community resources or health care providers, but anyone can make a referral. To join the program, or for more information, contact Heather Mook at Crittenton Women's Union at 857-559-2115, or hmook@liveworkthrive.org.