



Who we are

NAHC's Strong Families Tribal Home Visiting Project will facilitate the healing and growth of safe, loving, and strong American Indian and Alaskan Native families in the Bay Area.

With positive Native parenting we will enhance the wellness of our children and families, while building on the strengths of our community through encouragement, connection, nurturing, education, and empowerment.



How do I sign up?

Email us: strongfamilies@nativehealth.org

Call us: (510) 434-5453

3124 International Blvd., Oakland, CA



NATIVE AMERICAN HEALTH CENTER

Serving the community since 1972



Produced by NAPPB under a grant funded by the Affordable Care Act of 2010, by the Administration for Children and Families (ACF). This information does not necessarily represent the official position or policies of the ACF.

**Strong Families Begin
with Strong Foundations**

WHAT IS STRONG FAMILIES?

Strong Families is a home visiting program providing services to pregnant and parenting families with Native children under the age of three in Alameda County. The program is provided through the Native American Health Center, Inc.

HOW OFTEN WILL MY FAMILY HEALTH EDUCATOR VISIT?

Your family health educator will visit every week as desired up until your child is three years old. You and your family health educator will decide the exact schedule.

STRONG FAMILIES WILL SUPPORT ME TO...

- Access integrated medical, dental & behavioral health services
- Have a healthy pregnancy and a healthy baby
- Build a strong network of support for me and my baby
- Connect with cultural ceremonies and traditions around pregnancy, parenting, and childbirth
- Learn about childbirth, newborn care, child development, family planning and parenting
- Get referrals for healthcare, childcare, job training and other support services available in my community
- Find ways to continue my education and develop job skills
- Set goals for my family's future and find ways to help me reach them



WHO CAN ENROLL IN THE PROGRAM?

- Self-identified Native American pregnant women, expectant fathers, grandparents, and other caregivers of Native American children ages 0-3.
- Must live in Alameda County.

HOW MUCH DOES THE PROGRAM COST?

Strong Families is FREE to all eligible families.

