University Settlement has been helping low-income and immigrant families to build better lives for 125 years.

Today, University Settlement offers many free programs to meet the needs of every member of a family.

**For young children:** Early Head Start; pre-school classes for children ages 2 to 5; therapy for children with special needs.

**For school-age children:** After-school and summer programs; crisis intervention for children with urgent needs; supportive services for teens.

**For adults:** Literacy classes; counseling and mental health services; childcare training and referrals.

**For seniors:** Recreation and lifelong learning opportunities; nutritious meals.

**For the whole family:** Recreational and educational opportunities at our community centers on the Lower East Side and in Fort Greene. Arts and culture programs at our historic home on Eldridge Street.

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**Who We Are**

University Settlement
184 Eldridge Street
New York, NY 10002

www.universitysettlement.org
University Settlement’s Healthy Families program is here to provide the support you need to build a strong and happy family.

Healthy Families can begin working with you during pregnancy, or in the first three months of your baby’s life, and continue to support you and your family until your child enters school.

Why Healthy Families?
University Settlement’s Healthy Families program can help to relieve some of the stress of having a new baby and coping with the rest of life at the same time. Our services support parents in their role as caregivers and help to connect families to their communities.

How We Help
Healthy Families provides you the support you need to care for your baby and yourself and helps give you and your baby the most valuable gift of all—a loving, nurturing, happy family.

Parents and children participate in University Settlement’s Healthy Families program through
- home visits
- parent-child groups
- special events in the community and at our office

Family Support Workers provide materials and information on topics addressing
- healthy pregnancy
- child birth and caring for your newborn
- child development
- healthy nutrition
- parenting and co-parenting

Eligibility & Fees
- University Settlement’s Healthy Families is open to pregnant women and families with a new baby under 3 months old who live in East Harlem or the East Village.
- All services are free.

Find Out If Healthy Families Is Right For You!
If you or someone you know is expecting a baby or has recently given birth,
- Call us today at 212.289.6594
- Stop by our office at 413 E. 120th Street, Suite 101

For More Information:
Healthy Families at University Settlement
212.289.6594
healthyfamilies@universitysettlement.org

Healthy Families New York is a collaboration of the 39 Healthy Families programs in New York State, the New York State Office of Children and Family Services, Prevent Child Abuse New York, Inc., the Center for Human Services Research of the State University of New York at Albany, the New York State Home Visiting Council, and Healthy Families America.