

## CONTACT

MONDAY - FRIDAY  
8:00 A.M. - 5:00 P.M.

OFFICE:  
(865) 329-5808

FAX:  
(865) 770-5282

### COUNTIES SERVED:

- BLOUNT
- CAMPBELL
- COCKE
- GRAINGER
- HAMBLÉN
- JEFFERSON
- KNOX
- LOUDON
- MORGAN
- ROANE
- SEVIER

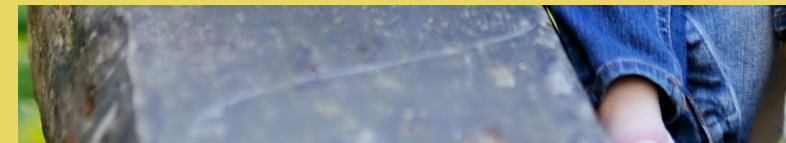


The McNabb Center offers all services equally to eligible persons regardless of race, color, national origin, religion, gender, sexual orientation, disability or age.

## REFERRALS



This project is funded by the Tennessee Department of Health through Healthy Start and Healthier Beginnings grants.



## HEALTHY FAMILIES

**H**ealthy Families East Tennessee, part of Healthy Families America, is a free and voluntary home visitation program for new or expectant families.

The program offers education and support services as well as fun groups and events to strengthen families.

Healthy Families is rooted in the belief that early, nurturing relationships are the foundation for lifelong, healthy development.

Interactions between Healthy Families staff and clients are relationship-based, designed to promote positive parent-child bonds and strong family cores in a sensitive and reflective manner.

### Eligibility

Healthy Families provides free and voluntary services to:

- Expectant parents
- New parents with infants three months old or younger

Services are provided as needed until the child turns five or until the child begins an educational program such as preschool or kindergarten.

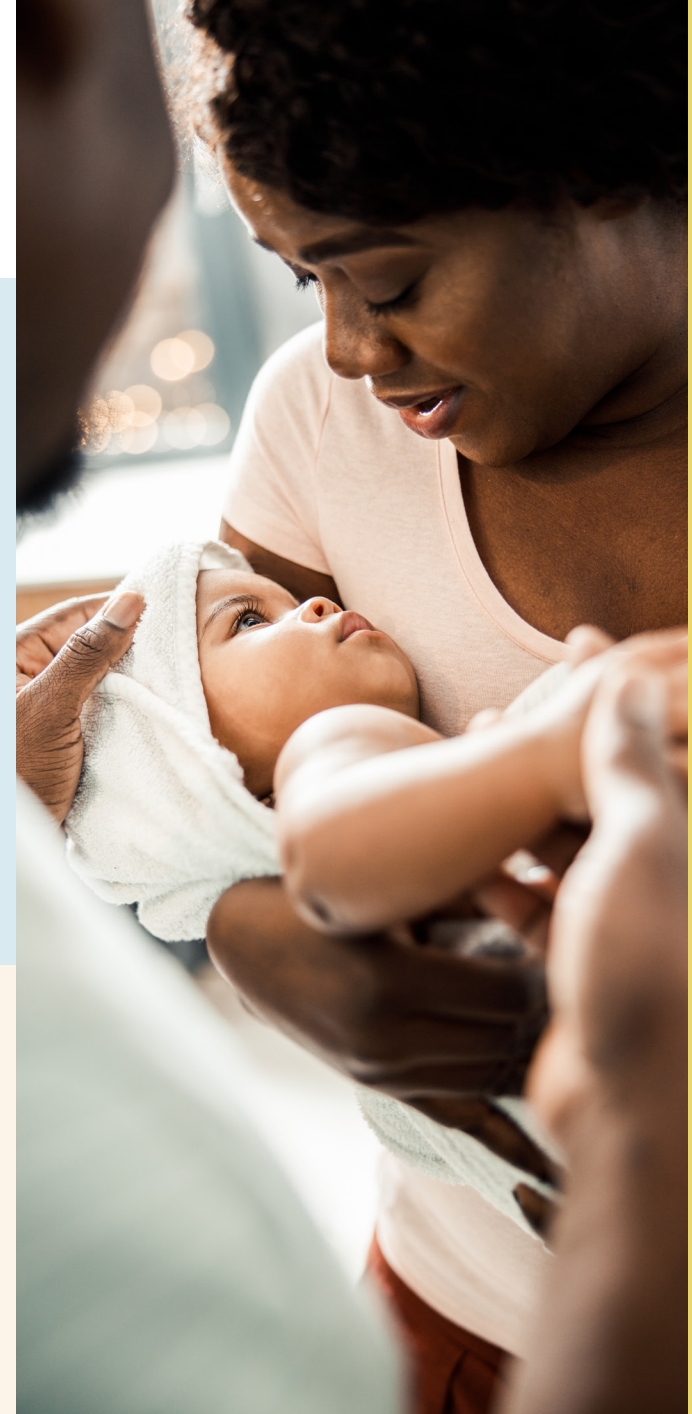
### Program Emphasis

- Age-appropriate child development curriculum
- Positive parenting support
- Activities to promote brain growth and development
- Ways to enhance bonding and attachment with your child
- Developmental screenings
- Kindergarten readiness education
- Effective discipline techniques
- Strategies to increase the safety of your home
- Referrals to resources in your area

## MCNABB CENTER

**T**he McNabb Center is the region's leading nonprofit provider of mental health, substance use, social and victim services. By focusing on an individual's "Well Mind, Well Being," we provide a quality and compassionate approach to care from infancy through adulthood.

Since 1948, the Center has proudly served individuals with the most needs and fewest resources. Today, the McNabb Center delivers support to more than 43,000 people throughout East Tennessee each year.



## GET HELP

CALL (865) 329-5808

VISIT [MCNABBCENTER.ORG](http://MCNABBCENTER.ORG) OR  
[HEALTHYFAMILIESAMERICA.ORG](http://HEALTHYFAMILIESAMERICA.ORG)

WELL MIND, WELL BEING