



# *Congratulations!* You are having a baby!

*So now what?*

## **Healthy Families Allegheny (HFA) can help!**

Concerned about what will happen after you  
leave the hospital?

Worried about managing it all?

Wish you knew what resources are available  
to help you?

**HFA is a service for families who are  
pregnant or who have newborn babies**

### **What to expect:**

A Professionally trained Home Visitor will  
provide support and information so that you,  
as parents, can provide the best for your new  
baby.

**Call (412) 247-7950 for an appointment**





**Parenting can be hard work!  
Everyone can use a little support.**

**Healthy Families Allegheny (HFA), what we do:**

- Provide education and support to help you have a healthy pregnancy and healthy baby.
- Monitor your baby's growth and help you understand how your baby develops during its first years.
- Connect you with medical providers and resources in the community to make sure your basic needs are met.
- Provide you with tools to help you be the best parent you can be!

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*Helping you every step of the way.*



Contact us: 412-247-7950

**Healthy Families Allegheny**

Referral Card



Your Name: \_\_\_\_\_

Your Phone #: \_\_\_\_\_

Best time to call: \_\_\_\_\_

I am interested in learning more about HFA:

Yes / No (circle one)