



## WHO WE ARE

A home visiting program to help parents with the changes that come with the birth of a baby.

We offer services to expecting parents and parents of newborns.

Early on, visits are weekly to get to know the family. Visits decrease as the child grows and last until preschool.

*Babies don't come  
with a manual,  
but they can come  
with a nurse.*



**If you are interested in receiving services, please send an email to:**  
[PersimmonySupport.HHSA@sdcounty.ca.gov](mailto:PersimmonySupport.HHSA@sdcounty.ca.gov)

**You may also call**  
**Office of Nursing Excellence**  
(858) 944-6500  
or dial 211 to get more information.

**FOR MORE  
INFORMATION  
SCAN HERE:**



A NO-COST NURSE  
HOME VISITING PROGRAM



## FAMILY SUPPORT

### Where we focus our support:

- Access to prenatal care
- Bonding
- Health care needs
- Healthy relationships
- High-risk pregnancies
- Pregnancy loss or early birth



HEALTHY FAMILIES  
SAN DIEGO COUNTY  
ENHANCES THE HEALTH  
AND WELLBEING OF  
INDIVIDUALS, FAMILIES,  
AND COMMUNITIES

### WHAT WE OFFER: Family Assessment

Our team will visit you at home or wherever you prefer. We will talk about your needs and where you would like support as a parent. We will explain the program and offer community resources.



### WHAT WE OFFER: Home Visiting

You will be matched with a Public Health Nurse to support you and your family.

#### Visits Include:

- What to expect during labor and delivery
- How to raise a healthy child
- Breastfeeding/bottle feeding support
- How to care for your family's health
- Connection to community resources
- Stress management

