

**FINDING RELIABLE, FRIENDLY  
SUPPORT IN THE COMMUNITY CAN  
BE CHALLENGING...**

Healthy Families is a free, voluntary program to help parents with the changes and needs in their life that come along with the birth of a child. We offer short and long-term services for new and expecting parents in Cayuga and Seneca Counties.

**Contact Information**

**Administrative Offices**  
89 York Street, Suite 1, Auburn NY  
315-255-1703

**Healthy Families Cayuga**  
89 York Street, Suite 1, Auburn NY  
315-255-1703

**Healthy Families Seneca**  
23 Center Street, Waterloo NY  
315-539-5647

[www.cscaa.com](http://www.cscaa.com)  
[facebook.com/cayugaseneca](https://facebook.com/cayugaseneca)

**CAYUGA/SENECA  
COMMUNITY ACTION AGENCY, INC.**

*Cayuga/Seneca Community Action Agency, Inc. (CSCAA) is a private, nonprofit organization incorporated in 1965 through the Economic Opportunity Act of 1964 to fight the war against poverty locally. CSCAA has grown significantly over the last five decades and currently employs over 125 people. CSCAA administers over a dozen programs including Head Start, Domestic Violence Services, Food Pantry, Weatherization, Healthy Families, Emergency Services, Homeless Intervention, Health Navigator Services and Supportive Housing for Young Adults.*

**Mission**

The mission of Cayuga/Seneca Community Action Agency, Inc. is to respectfully assist people to achieve and sustain self-sufficiency through direct services, education, and community partnerships.

**Vision**

Cayuga/Seneca Community Action Agency, Inc.'s vision is to be recognized for its:

- Commitment to empowering those seeking assistance to achieve and sustain self-sufficiency.
- Organizational excellence and continued improvement working with employees, community, and partners.

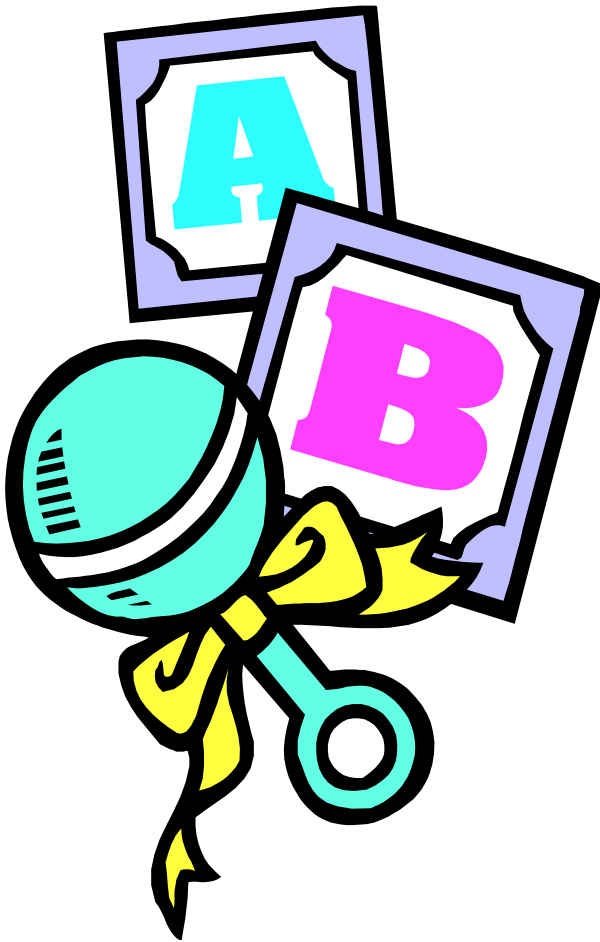


**HEALTHY  
FAMILIES**



## WHO IS ELIGIBLE TO PARTICIPATE?

Pregnant women and families with children under three months of age living in eligible service areas.



## WE BELIEVE...

- ★ Being a parent is the most important, challenging, and fulfilling job you will ever have.
- ★ All parents can benefit from support and information.
- ★ The first years of life are the most critical time in a child's development.
- ★ Positive parent-child interactions promote physical health, intellectual growth, and emotional well-being.
- ★ Family support services should be based upon respectful and trusting relationships.

## IF YOU WOULD LIKE TO LEARN MORE ABOUT...

- ★ what to expect during labor
- ★ infant/toddler nutrition
- ★ family activities that promote child development
- ★ how to balance the demands of parenting with other responsibilities
- ★ latest information and research on raising a healthy child and taking care of your family

...THEN, CAYUGA/SENECA  
HEALTHY FAMILIES IS FOR YOU!

