



**Home Visiting Programs**



**Healthy Families Rockland County (HFRC)**

Terri-Ann Anfang, LMSW Coordinator  
Marlene Avril, LMSW Supervisor

Phone: 845-271-3875  
Fax: 845-461-5625



**"It's About You!"**

Cara Stanley, MPA Coordinator  
Phyllis Hinton, MSW Supervisor

Phone: 914-922-2240  
Fax: 914-922-2254

**Program Goals**

A voluntary evidence-based program **Supporting Families Right From The Start** to promote optimal prenatal care, improve maternal and child health and development. HFRC helps to improve outcomes for families with adverse childhood experiences through home visits that are provided on a weekly, bi-weekly and/or as needed basis to:

- Support parent-child bonding and relationships
- Promote child & family health, development & safety
- Enhance family self-sufficiency

The Maternal and Infant Community Health Collaboratives (MICHC) **It's About You** home visiting program link underserved women and families to providers of health, social and community services within the community. Through these efforts we will reach our goal of improving birth outcomes.

Our work includes:

- Advocacy
- Education on maintaining Healthy Behaviors
- Timely Coordination of referral and follow-ups for pregnant and postpartum women

**Eligibility Criteria**

Enroll prenatally or **before child turns 3 months old**

Women, Men, and Adolescents of Childbearing Age **(15 to 44)**

**Service Area**

**Rockland:**

Spring Valley, New Square, Wesley Hills,  
Chestnut Ridge, New Hempstead, Hillcrest  
10977

**Rockland:**

10977 and Haverstraw 10927

**Westchester:**

Mt. Vernon 10550, New Rochelle 10801,  
Yonkers 10701, 10703, 10705

**Services Provided**

Home visits are provided to connect clients to community resources, such as:

Health Insurance      Primary/Prenatal/Dental Care      Health Education      Family Planning  
Birth Planning/Breastfeeding/Postpartum Support      Financial Literacy/Empowerment      Goal setting

**And so much more!**