

HEALTHY FAMILIES

ARE YOU A FIRST-TIME, EXPECTANT MOTHER?

*The Healthy Families program is for you!
It's free, voluntary and for mothers of all ages*



WE COME TO YOU, SO YOU DON'T HAVE TO TRAVEL ANYWHERE!

- Fun family field trips and activities
- Monthly events with raffles and free food
- Understand the exciting changes as your baby grows
- Learn how to make the best of your baby's first years
- Meet other moms



▶ IF YOU ARE INTERESTED OR WOULD LIKE MORE INFORMATION

Call Lorena Sanchez at 773-371-3700

▶ LOCATION

Metropolitan Family Services North Center
3249 North Central Avenue, Chicago, IL
Walk-ins are welcome!

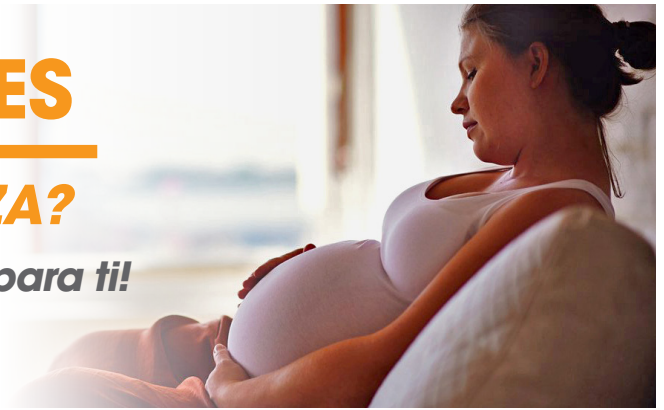
▶ ABOUT US

Metropolitan Family Services empowers families to learn, to earn, to heal, to thrive. Part mentor, part motivator, part advocate, since 1857 Metropolitan Family Services has been the engine of change that empowers Chicago-area families to reach their greatest potential and positively impact their communities. **Learn more at www.metrofamily.org**

FAMILIAS SALUDABLES

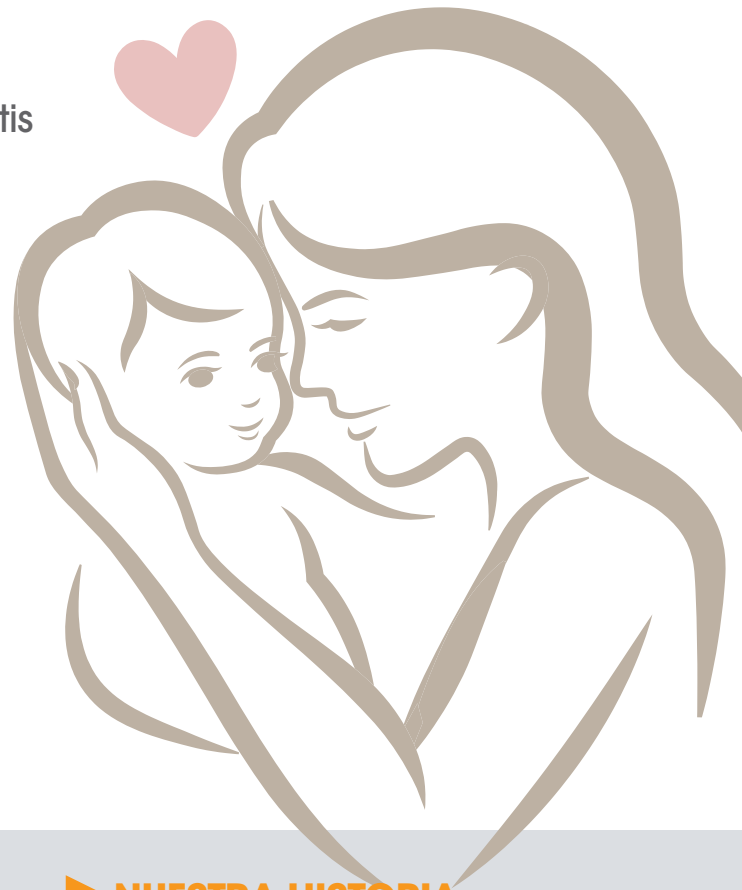
¿ERES UNA MADRE PRIMERIZA?

*El programa de Familias Saludables es para ti!
Es completamente gratis y voluntario
para madres de todas las edades*



VENIMOS A TI PARA QUE NO TENGAS QUE VIAJAR A NINGÚN LADO

- Divertidos paseos y actividades familiares
- Eventos mensuales con rifas y comida gratis
- Comprende los cambios emocionantes del crecimiento de su bebé
- Aprende cómo disfrutar los primeros años de su bebé
- Conozca otras mamás



▶ SI ESTÁ INTERESADA O DESEA MÁS INFORMACIÓN,

Por favor llama a Lorena Sanchez al 773-371-3700

▶ UBICACIÓN

**Metropolitan Family Services North Center
3249 North Central Avenue, Chicago, IL
Todos bienvenidos!**

▶ NUESTRA HISTORIA

Metropolitan Family Services empodera familias para que aprendan, ganen, sanen, y prosperen. Parte mentor, parte motivador, y parte abogado, desde 1857, Metropolitan Family Services ha sido agente de cambio que empodera familias del área de Chicago para alcanzar su potencial más grande e impactar positivamente las comunidades.

Learn more at www.metrofamily.org