

You can refer yourself by calling your community program.

- **Colville Lake:**
 - (867) 709-2112
- **Deline:**
 - (867) 589-5541
- **Fort Good Hope:**
 - (867) 598-2211 ext. 232
- **Fort Liard:** (with service to **Nahanni Butte**)
 - (867) 770-4770
- **Fort McPherson:**
 - (867) 952-2245 ext. 6
- **Fort Providence:** (with service to **Kakisa**)
 - (867) 373-0074
- **Fort Simpson:** (with service to **Wrigley, Samba K'e, Jean Marie River**)
 - (867) 695-2293 ext. 1002
- **Fort Smith:**
 - (867) 872-6283 / 872-6319
- **Fort Resolution:**
 - (867) 376-0354
- **Hay River:**
 - (867) 874-8470
- **Inuvik:**
 - (867) 777-4400 ext. 1
- **Norman Wells:**
 - (867) 587-3333 ext. 349
- **Tuktoyaktuk:**
 - (867) 977-2511 ext. 3
- **Tulita:**
 - (867) 374-0330
- **Yellowknife:** (with service to **Dettah and N'Dilo**)
 - (867) 767-9118 ext. 41150

Have you heard about the Baby Bundle?

Do you have questions about the items given in the Baby Bundle?

You can reach out to your local Healthy Family Program to learn more.



Staff use the LOVEVERY Developmental toy play kits to support play and learning during one-on-one visits from 0-48 months. Learn about how you can support your child's development through fun playful interactions.



**Northwest Territories Health and Social Services Authority
Box 1320, Yellowknife, NT
X1A 2L9**



Healthy Family Program

Supporting parents, caregivers, families and communities





What is the Healthy Family Program?

The Healthy Family Program helps families, caregivers, children, and communities by sharing useful information, building strong connections to culture and community, and supporting children as they grow and learn.

How the program works:

Staff will share program information & discuss how the program can support your family to fit your needs, goals & schedules as best as they can through flexible support. The program is free, voluntary and confidential.

Who Can Join?

All families/Caregivers can join, with specific services for early childhood development (prenatal to age 6).

Services Available:

- One-on-One Support
- Groups
- Community & Cultural Connections
- Transportation Support



Types of Services:

Goal Setting: Help with setting personal and family goals.

Family Relationships: Building strong family bonds.

Prenatal Support: Discussing prenatal care.

Child Development: Understanding child growth and learning (0-6 years).

Parent-Child Relationships: Creating positive interactions.

Community Support: Accessing and building support networks.

Self-Care: Finding ways to care for yourself and your family.

Cultural Programming: Connecting to community and cultural activities.



Frequently Asked Questions

Who can join the Healthy Family Program?

- All families can take part in the program. Some services focus on supporting children from pregnancy to age 6 with activities and information about early development.

Do I have to register for the program?

- You don't need to register to get general information.
- But if you want one-on-one support visits, join the Collective Kitchen Program, or get emails about program updates, you do need to register.

Who does the Healthy Family Program support and how?

- Healthy Family Program staff support families, caregivers, children, and communities by sharing helpful information, connecting people to community and culture, and supporting child development.

I'm going to another community. Can I still use the Healthy Family Program?

- Yes! If there is a Healthy Family Program in the community you're visiting or moving to, you can use it.
- Talk to your local Healthy Family Worker to get connected.