



Opportunities
FOR OTSEGO

BUILDING HEALTHY FAMILIES

Opportunities for Otsego
3 West Broadway
Oneonta, NY 13820
www.ofoinc.org

This program is funded in part by:



of the New York State Office of Children and Family Services

Services are available to eligible households regardless of race, ethnicity, religion, language, ability, or sexual orientation.

Building Healthy Families

Getting Started



607.433.8000 | 800.986.5463

Supporting Parents Right from the Start

For more information contact OFO at:

**607.433.8000 or
800.986.5463**

Monday – Friday
8:00 AM – 5:00 PM



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What Is Building Healthy Families?

Building Healthy Families is free and voluntary service that can:

- Help you welcome your new baby
- Connect you to community resources

How Can I Get Involved?

If you are expecting a baby or have a newborn, contact us to set up a visit.

607.433.0444 ext. 2
www.ofoinc.org/bhf

What Happens During a Home Visit?

You will:

- Discover your unique strengths for parenting success
- Explore plans for raising your baby
- Identify needs and concerns as you face family change
- Be connected to resources to address your needs and concerns
- Receive information to support a healthy, successful start in welcoming your baby.

The Goals of Building Healthy Families are to:

- Nurture parent-child bonding
- Reduce the stress that comes with parenting
- Support healthy, happy childhoods
- Support families to thrive

“ Building Healthy Families provided more for my family than I would have ever imagined. ”

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