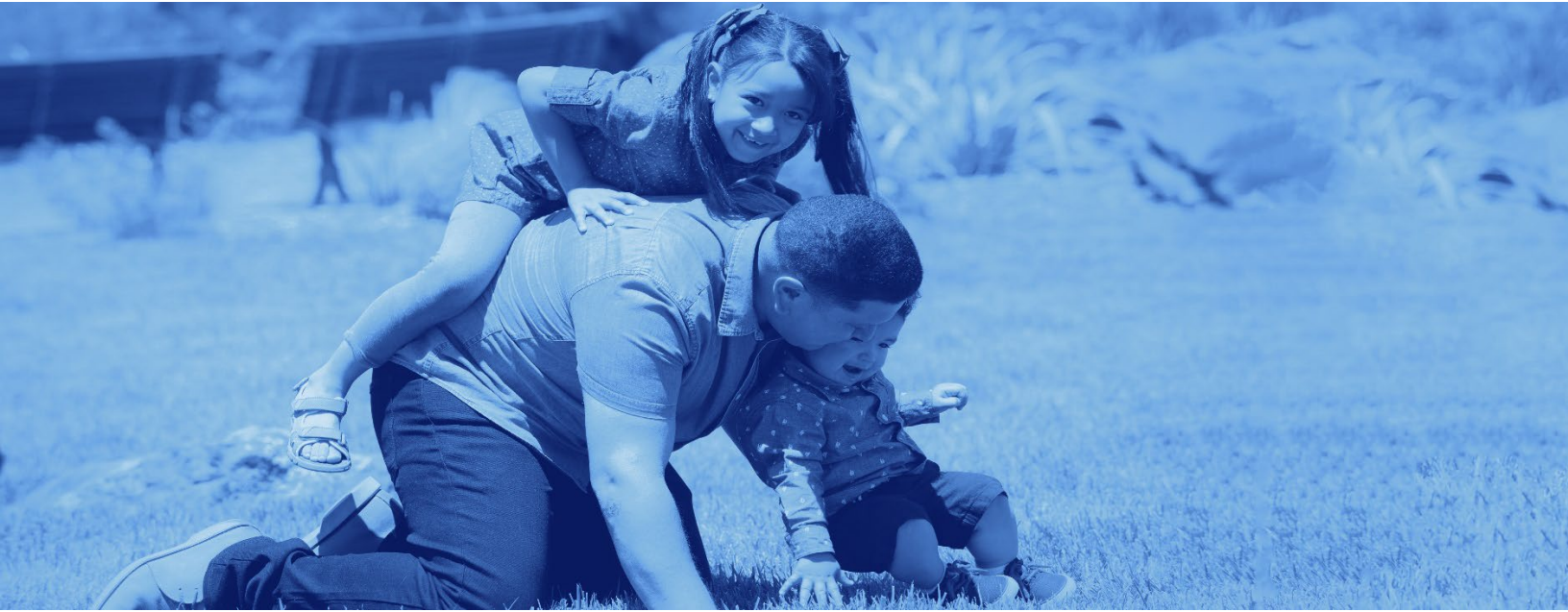




# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges



## HEALTHY HOMES

With the support of First 5 San Mateo County and other grants, StarVista's Healthy Homes program serves families with children ages 0-5 who are facing a variety of stressors in their lives.

Healthy Homes strives to prevent child abuse and neglect, enhance the parent-child relationship, and reduce the impact of risk factors such as systemic racism, traumatic experiences, poverty, food insecurity, substance abuse, domestic violence, mental illness, and language barriers, among others.

**The following program highlights are free of charge to families and available in English or Spanish:**

- Mental health services for children and their caregivers
- Parent-child activity groups
- Parent education and support groups
- Father/male caregivers case management and support groups
- Workshops on a variety of topics



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