



## What is Family Spirit?

Family Spirit is a home visiting program providing services to pregnant and parenting families with Native children under the age of three.



Please contact us for more information

**Family Haven**  
360-716-4402





## Who can enroll?

Tulalip Tribal members of a Tulalip child under the age of three, that are:

- A pregnant mother
- An expectant father
- A grandparent
- Another caregiver

## How often will my family health educator visit?

Every week as desired up until your child is three years old.

## Family Participation

Families in the program also receive incentives along the way for their participation.



## My health educator will support me to:

- Have a healthy pregnancy and healthy baby
- Build a strong network of support for me and my baby
- Incorporate traditional teachings around pregnancy, parenting, and childbirth
- Learn about childbirth, newborn care, child development, family planning and parenting
- Get referrals for healthcare, childcare, job training and other support services available in our community
- Access medical, dental and behavioral health services
- Find ways to continue my education and develop job skills
- Set goals for my family's future and find ways to help me reach them