

*"I call them 'family' because that's what they are to me."* Brandi

*"They (Siskiyou) know you by name here. It's awesome."* Charity



*"As a new parent, there are so many uncertainties. The information and support I have received from the program have given me confidence in my ability to raise a happy and healthy child."* **Healthy Families Mom**

**25647 Redwood Highway  
Cave Junction, Oregon 97523  
(541) 471-3455**

**1701 NW Hawthorne Avenue  
Grants Pass, Oregon 97526  
(541) 471-3455 X 1143**

**132 West Main Street  
Medford, Oregon 97501  
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[www.siskiyouhealthcenter.com](http://www.siskiyouhealthcenter.com)



## ***For a Future Without Child Abuse and Neglect***

**Funding Provided by:**  
Siskiyou Community Health Center  
Health Care Coalition Southern Oregon  
Leightman Maxey Foundation  
AllCare Health Plan  
Southern Oregon Early Learning (SOEL)  
Children's Trust Fund of Oregon



*SCHC is a private, not-for-profit health care organization and equal opportunity provider and employer.*

 **Siskiyou Community  
Health Center**



# **OUTREACH SERVICES**

*A Place for Families To Go  
Where People  
Understand and Can Help*

## ***Babies Don't Come With Instructions!***

At Siskiyou Community Health Center we believe you are your baby's first and best teacher. We offer helpful information and support to be the best parent you can be.



During the last 20 years, Siskiyou has helped your friends and neighbors keep their babies and toddlers healthy and safe.

And we'll give you the chance to meet with other parents to share ideas and learn activities that make parenting fun.

*"Healthy Start helped me believe in myself and find strengths I didn't know I had."*  
**Healthy Families Mom**

## **AS A PARENT, YOU ARE YOUR CHILD'S FIRST & BEST TEACHER!**



### **Have Questions?**

- \* *How do I get my baby to go to sleep?*
- \* *Will I spoil my baby if I always pick him up?*
- \* *When should I start reading to her?*
- \* *Why should I wait to give my baby solid food?*
- \* *What kind of discipline works?*
- \* *What should I do when my baby won't stop crying?*

### **We'll Help You Find the Answers!**

*Siskiyou Community Health Center offers Medical services at two locations, Dental services, School Based Health Centers, Behavioral Health services, and Outreach, as well as Lab and Pharmacy services.*

**Prenatal Healthy Start  
Project Baby Check  
Healthy Start  
Healthy Families of Southern Oregon  
OHP & Healthy Kids Application  
Assistance**

***All Programs are  
Free and Voluntary***

***...Home Visits - We Come to You...  
...Play Groups and Nutrition Classes...  
...Positive Parenting Strategies...  
...Stress Reduction...  
...Fun Activities to Support Your  
Child's Development...***



For more information or to make a referral, please contact us:  
**Cave Junction (541) 592-6444**  
**Grants Pass (541) 471-3455 x1143**  
**Medford (541) 500-8407**