



Centers for Healthy Families locations

Lutheran Family Services of Nebraska, Inc.

Center for Healthy Families

300 West Broadway, Suite 7
Council Bluffs, IA 51503
(712) 242-1040
Fax (712) 342-0326
Hours: 9:00 a.m. - 4:30 p.m., M-F

For additional information on these or other services:

Children Services Center
124 South 24th Street, Suite 200
Omaha, NE 68102
(800) 267-9876

*We invite you to support the work of
Lutheran Family Services. For more information
about programs, to volunteer
or to make a charitable gift, visit
www.LFSneb.org,
call (402) 342-7038 or email info@LFSneb.org*



The Young Families Initiative is funded in part by
United Way of the Midlands, Iowa West Foundation and
Promise Partners - Pottawattamie Community Empowerment



Accredited by the Council on Accreditation



Pottawattamie County Center for Healthy Families

Serving Pottawattamie County families

Children Services

Lutheran Family Services of Nebraska, Inc.

www.LFSneb.org

How Do We Help Build Strong Families?

The Centers for Healthy Families are early intervention and prevention programs for parents and caregivers of children prenatal to age five.

Services offered include:

- Young Families Incentive Program
- Pregnancy and Adoption Counseling
- Early Childhood Specialized Therapies
- Family Life Education & Support

Who Can Participate?

- Pottawattamie County families with children ages prenatal up to age five



Young Families Incentive Program

Through education and support, this incentive-based program engages parents and children in healthy activities. By participating in these activities, parents earn points to “purchase” new and gently used infant and toddler items (such as clothes, toys, cribs, car seats and diapers) at [no cost](#) in the Boutique store.

Healthy behaviors to earn points include:

- Well-baby check-ups
- Immunizations
- Early childhood / parenting therapies
- Continuing education
- Home visits
- Breastfeeding
- Parenting classes

The staff can assist you in creating your own personalized plan.

Shopping hours

Wednesdays 10 a.m. to 4 p.m. or by appointment.
300 West Broadway, Suite 7
Council Bluffs, IA 51503
(712) 242-1040

Early Childhood and Parenting Specialized Therapies

The earliest years of life are critical to physical, mental, and emotional health in children. Our focus is to provide healthy development of all children so they may reach their full potential.

Child-Parent Psychotherapy (CPP)

CPP is for children ages 0-6 who have experienced interpersonal violence or trauma.

Parent-Child Interaction Therapy (PCIT)

During PCIT, parents learn play therapy skills to enhance their parent-child relationship. Parents also learn to manage their child’s behaviors through behavioral principles and discipline techniques.

RSafeSM

Therapies for families in which child sexual abuse has occurred. RSafesm breaks the cycle of abuse by providing a one-of-a-kind continuum of care for the entire family as it heals. Call (402) 661-7100.

Other Services include:

- Early childhood screenings for developmental and mental health
- Education and consultation to families, community groups, congregations, schools, and early childhood providers
- Maternal depression screening & Counseling

Call (712) 242-1040 for more information.



Pregnancy and Adoption Counseling

An unexpected pregnancy can be very stressful. Confidential counseling is available at [no cost](#) and for up to six months following delivery. Birth parents and their families are supported in exploring their feelings about the pregnancy, informing significant others, and in examining their options.

Call (800) 267-9876 or (712) 242-1040.

Family Life Education and Support

Family stressors can impact our ability to parent in a positive way. We build and strengthen families through Family Life Education & Support.

Nurturing Parenting Program[®]

The Nurturing Parenting Program[®] classes emphasize the importance of raising children in a warm, trusting and caring household.

Also offered:

- Parenting Classes
- Support Groups
- Scrapbooking Club
- Community Referrals

Free structured childcare provided for all sessions.

Classes are offered at [no cost](#) at various times—call (712) 242-1040 for more information.