Who Is Family Options For?

- First-time mothers age 19 or younger who are pregnant or parenting a child under age 2
- Howard County residents

What Does Family Options Do?

The Family Options Program supports young families to reach their fullest potential by providing home visiting, group meetings, and case management services.

For program information or referrals, contact: familyoptions@howardcountymd.gov
We Help Young Families Connect To:

• Community resources
• Child care services
• Educational supports
• Employment services
• Medical services (family planning, well-baby care & more)

You’ll Learn All About:

• Having a healthy pregnancy
• Caring for a new baby
• Nurturing routines & positive parenting skills
• Infant & toddler development
• Stress & anger management
• Healthy relationships

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