

A HEALTHY FAMILY STARTS WITH A HAPPY, HEALTHY MOTHER...

The Family Wellness Program of the San Juans aims to support young families in our region where cost of living is high and so is the desire to do it right. We provide wholesome, local food, breastfeeding education and support, and wellness support to help meet the unique needs of each family.

It's not just the food we eat, but the way we operate as a family that grows healthy, happy kids. We offer guidance and resources to help meet these needs physically, mentally and emotionally.

QUALIFICATIONS

The family must be pregnant, breastfeeding, post-partum or have children under 5 years of age. Income up to 260% of poverty level.

HOUSEHOLD SIZE

MONTHLY INCOME

1	up to \$2,765
2	up to \$3,775
3	up to \$4,759
4	up to \$5,742
5	up to \$6,726
6	up to \$7,709

Income qualifications subject to increase annually. Applications will be reviewed by our Board with priority given to pregnant families. We are an equal opportunity service.

BOARD MEMBERS

Amy Eriksen, Nutritionist, CLC, CMMI

Tanner Kingery, Director Public Health

Clea Willow, Bright Futures Program Director

Abigail Seaver, ND

Ximena Rebolledo León, RN

Ariana Gonzalez, CLC, Doula, PSC



Growing Healthy Families
From the Inside Out

MADE POSSIBLE BY GRANTS FROM THE TELLURIDE FOUNDATION
AND THE ROCKY MOUNTAIN HEALTH FOUNDATION
PROGRAM DIRECTOR: AMY ERIKSEN

To Inquire:

EMAIL: info@sanjuanfamilywellness.com

PHONE: 970-728-4289 (San Miguel County)

PHONE: 970-325-4670 (Ouray County)

A SERVICE OF THE OURAY
& SAN MIGUEL COUNTY
PUBLIC HEALTH DEPARTMENTS

www.sanjuanfamilywellness.com

NUTRITION

We know that families need love and really good food to thrive!

WHAT FOODS DO I GET?

Locally sourced fruits, veggies, whole grains, legumes, eggs & dairy

HOW DO I GET THE FOOD?

Each month you will receive a seasonal food box or vouchers to use at our local farmers markets

WHERE CAN I USE THE VOUCHERS=?

Telluride Farmers Market
Ridgway Farmers Market
Ridgway Natural Foods
Norwood Fresh Food Hub

WHAT ELSE?

Nutrition Coaching Sessions to optimize health and habits in your family!



BREASTFEEDING

Breastmilk is the gold standard when it comes to infant feeding, but it's not always as easy as we think



We are here to support you in meeting your goals and offering compassionate guidance whether or not you are able to meet them.

WHAT IS OFFERED?

Support from Certified Lactation Counselors

Counseling, with follow-up sessions

Home visits as needed

Breast pumps and accessories

Breastfeeding Support Groups

APPLY NOW! SEND AN EMAIL TO:
info@sanjuanfamilywellness.com

WELLNESS

We partner with the best local therapists and instructors to get your family off to the best start, or back on track!

SESSIONS AVAILABLE

Childbirth Education 7-Class Series

Behavioral Therapy for Kids

Couples Counseling

Stress Management

Parenting Skills

Sleep Consulting

We will help you choose which offering(s) best meet your needs. The sessions above include follow-up with our Wellness Educators.

HOLISTIC CARE

Sometimes we need to dig a little deeper for answers and balance.

We help support holistic care by offering one complimentary visit to the service that will best meet your needs.

Options include: Chiropractic, Doula care, Physical Therapy, Naturopathy, Acupuncture, Massage, Craniosacral Therapy etc.