



FIRST VISITOR

*Knowledge • Resources • Support*

# First Visitor

*Unleash the power of parenting!*



*“To Provide Exceptional Health Care to People Facing Access Barriers.”*

**peakvista.org**

**(719) 344-6639**

(English)

**(719) 344-7147**

(Spanish)

## Program C

**24 mos. - 36 mos.**

Master positive discipline and guidance. Teaching tips on toilet training.

## Program B

**12 mos. - 24 mos.**

Encourage language development.  
Proper nutrition and portion size.

## Program A

**Prenatal - 12 mos.**

Discover your newborn's amazing abilities.

*Want to make a difference in your child's life? First Visitor is a FREE home support program designed to celebrate the birth and growth of every child. We provide new parents with emotional support, a network of community-based resources; as well as, basic information on child health, nutrition, safety and early development during the critical first three years!*