

Kaylin & Jax

In 2016, I became a mother. Though I was excited to welcome my son Jax into the world, I was overwhelmed by the demands of being a first time parent. At the time I was living hundreds of miles away from my family and friendship network and feeling very alone.

The day after my son arrived, a home visitor from Josephine County Health Families program came to see me. She explained that Healthy Families is a cost-free program focused on making the transition to motherhood as smooth as possible. I was skeptical. I kept asking “what’s the catch?” As it turned out there was none.



When I was diagnosed with postpartum depression and moved to be closer to family, Healthy Families continued to support me. My home visitor, Dawn, from Clackamas County Healthy Families program became my rock. Dawn was not only there to comfort me, but helped me recognize my own value and strengths as a mother. In addition to celebrating my son’s developmental milestones, we also set goals for my own personal growth and development.

With Dawn’s help and support, I earned a 4.0 GPA at Clackamas Community College and received a national BUILD EXITO research scholarship. I will be pursuing a master’s degree in social work this fall. Without Healthy Families none of this would have been possible.