

We would like to thank you for your generous support in 2008 and wish you all the best in the new year!

A Little of Your Time Can Make a Huge Difference in a Child's Life!

The Parent Mentor Program trains volunteers to be matched one-on-one with a new parent under the age of 23, who is expecting or parenting their first child.

If you can commit 3-6 hours per month for at least one year to visiting and mentoring a young family, we would love to talk to you!

The next 4-night training session will be held at the Redmond Family Resource Center in February, 2009.

For more information please contact Karen Wilson
karen@friendsofyouth.org
(425) 869-6490 ext. 340



*Please consider making
your first contribution of the
new year to a new family.*

The current economic crisis has hit hard everywhere, including our already fragile young families. Young parents and their new babies could really use your help this year.

A contribution of \$275 underwrites a month of home visits, providing parent education, health screenings and referrals for a new family.



Our mission is to strengthen young families and promote health and success for their young children.



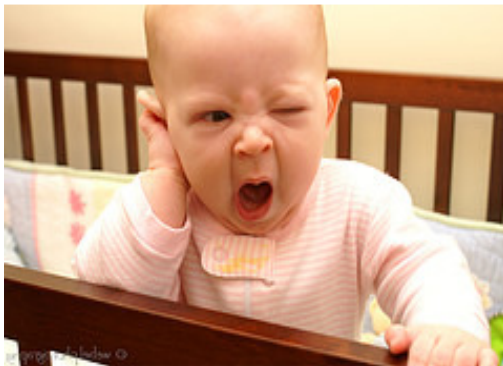
Visit us at: www.healthystartfamily.org



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A good life begins with a Healthy Start.

Hallelujah! No more early morning wake-up.



The 3rd Annual
Healthy Start Breakfast
is moving to lunchtime!
**Please plan to join us
the first week in May, 2009.**
It's just in time to
celebrate Mother's Day.
More details are on their way.