How often do we meet?

Our Health Educators will do home visits with you weekly, monthly, or whatever your schedule allows. You can follow the specially designed curriculum or choose just the lessons you want to learn about. You will be offered visits from early pregnancy until your child's third birthday. There is NO cost to you for this program.

Please contact Jessica Connor or Natasha Thompson for more information or to schedule an appointment.

Manidoo-Ningadoodem
312 1st ST NW
Cass Lake, MN 56633
Phone: 218-335-7235
Fax: 218-335-4560
Toll free: 1-800-282-3389

Leech Lake Band of Ojibwe &
John Hopkins Center for American Indian Health

Manidoo-Ningadoodem

Health Division
Attn: Health Educator
115 Sixth St. NW
Suite E
Cass Lake, MN 56633
Phone: 218-335-7235
The program is designed to provide this comprehensive approach to parenting. It is an honor and privilege to support young, native parents. The program aims to address cultural, emotional, and social needs associated with parenting young children. It supports families from pregnancy to 3 years old. Many families have received services since inception.

**Family Spirit Program**

**Objectives**

- Increase parenting knowledge and skills
- Promote optimal physical, cognitive, and emotional development for children ages 0-3
- Reduce child abuse
- Address maternal psychosocial risks
- Ensure children get recommended well-child visits and health care
- Prepare children for early school success
- Support families to community services

**Who are the Family Spirit Participants?**

Any woman who is pregnant and/or has a child younger than 3 years old can participate. The program is currently the largest, and only evidence-based home-visiting program designed specifically for native American families. Over 1,000 native families have received services from the program since its inception. It is especially useful for young mothers under the age of 22 or at-risk mothers.