Family Wellness

CAASNM Family Wellness programs work with families, home childcare providers and licensed childcare centers to improve access to healthy, nutritious meals for children and train providers on topics of nutrition, exercise, safety, and child development. **The Child and Adult Food Care Program (CACFP)** is a federally funded, State of New Mexico administered program that provides reimbursement services for nourishing food for individuals who operate daycare services in their homes for children and adults with disabilities. **The Healthy Kids Healthy Preschool** initiative is a statewide partnership to train licensed childcare centers and give them an action plan to promote healthy eating, physical activity, reduced screen time and breastfeeding resources.

“Thriving Kids” is CAASNM's comprehensive State of New Mexico Early Childhood Education and Care Department (ECECD) and Maternal Infant Education Child Home Visiting (MIECHV) program. The program’s **CAASNM Home Visitors** work with expectant families and families with children who have not yet turned 5 years of age using the PAT (Parents as Teachers) Evidence-based Curriculum, an internationally recognized family wellness curriculum aimed at achieving whole-family wellness and child school readiness. We recognize parents are their child’s first teacher so we build upon your strengths to partner with parents/caregivers so children can reach their full potential and live in an environment where they can thrive.

Details

Ages: All ages
Races: All
Genders: All
Intake Process: Call
Contact: Adela Trujillo
Contact Email: trujilloa@caasnm.org
Capacity: Las Cruces

Services

Early Childhood Care & Education Health Support/Education/Insurance

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Locations

Community Action Agency of Southern New Mexico

3880 Foothills Rd., Ste. A
Las Cruces, NM 88011

Phone: (575) 527-8799

Parent Organization

Community Action Agency of Southern New Mexico (CAASNM)

Community Action Agency of Southern New Mexico (CAASNM) is a 501c(3) non-profit organization founded in 1965 serving the communities of southern New Mexico, helping low-income individuals build a better future for themselves and their families through innovative services that focus on whole-family success. Headquartered in Las Cruces, NM, CAASNM has offices in Anthony and Albuquerque, and it primarily serves Doña Ana, Luna, Hidalgo, Grant and Sierra counties, with limited services statewide

CAASNM provides resources and programming to people facing adversity. The goal is to help increase their resiliency and overall family wellbeing. It does this through programs that build on family strengths, self-empowerment, and resilience. Among the many services CAASNM provides are youth entrepreneurship and development, nutrition programs for children, family financial programs, housing stability, and community empowerment and advocacy. Last year, CAASNM served over 14,000 families.

CAASNM's **board-approved mission is to partner with New Mexicans to overcome adversity by connecting communities, encouraging family wellness, empowering families and bridging resources**. One of the agency's strengths is this innovative, unified network of programs that helps people face and rise above the many economic, family, and life challenges they may encounter.

3880 Foothills Road, Suite A
Las Cruces, NM 88011
Mailing:
3880 Foothills Rd., Ste. A
Las Cruces, NM 88011
Phone: *(575) 527-8799*
Primary Contact: *Mark Hohnstreiter*
Contact Email: *markh@caasnm.org*
Type: *Nonprofit*
EIN: *85--0196070*
http://caasnm.org