

Our Purpose

theUPcenter
SINCE 1883

Nurturing Relationships

Our team helps parents and caregivers support their child's early growth, learning, and health. We believe every child deserves to reach their full potential.

What Sets Us Apart?

Tailored family support

Our programs provide a range of services customized to your family's unique needs.

One-on-one education and support

Think of us as your personal support squad—trained, caring, and always in your corner! We're here to cheer you on, stand by your side, and even surprise you with small supportive gifts along the way.

Early intervention and prevention

Our support begins in pregnancy through your child's early development years, ensuring access to necessary resources.



Enroll today!

(757) 337-3598

Call or
inquire online

theupcenter.org/echv



★ *Early Childhood Family Support
are located at the following locations.*

The Up Center

580 E. Main Street, Ste 400 | Norfolk 23510

★ 222 W 19th Street | Norfolk 23517

109.5 Clay Street | Suffolk 23434

www.theUPcenter.org

This project is funded in part by HHS/VDSS (FAM-21-083).

Author's views do not reflect HHS/U.S. Government.

The Up Center is a 501(c)(3) nonprofit organization.



Early Childhood Family Support

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Support

Early Childhood Home Visiting

Early intervention

Parents as Teachers (PAT) and the **Healthy Families** programs serve residents of Norfolk and Portsmouth. Through these evidence based programs, parents receive support and tools that help them nurture their child's growth.

By providing guidance, connecting you to helpful resources, and celebrating every milestone, we're building a strong foundation for your children's success in school and beyond.

Our focus

- Personalized education and support
- Developmental activities and screenings
- Health information and resources
- Positive parenting skills
- Goal setting and achievement
- Connection to community resources
- Social connections and support



Connection

Pregnancy Resources

We offer support through pregnancy and early childhood, helping you build a strong foundation for your child's future.

Doula services

Our doulas are trained, non-medical companions that assist women before, during, and after childbirth.

- Doulas act as advocates, being a voice for mothers.
- Prenatal education, birth planning, and postpartum guidance.
- Advice on breastfeeding, safe sleep, and doctor visits.
- Demonstrates the significant positive effect of doula support.

Support for Every Family

Raising a little one? We're here for you—moms, dads, birthing people, and caregivers of all kinds.

Unsure they'd qualify, a college-educated couple found crucial support—proving that every family, no matter their background, can benefit from care, connection, and guidance.

Impact



After losing her mother and navigating life with a newborn, Emily reached out to her Family Support Specialist to share her emotional journey. It was the lifeline she needed.

Are We the Right Fit?

If your family is expecting and you check the boxes below, it's time for enrollment!

Are you:

- ✓ Seeking to enhance your parenting skills?
- ✓ Committed to your child's development?
- ✓ Open to learning and growth?
- ✓ Want early detection of developmental delays and health issues for your child?
- ✓ Want to prevent child abuse and neglect?
- ✓ Want to increase your child's school readiness and school success?