



Help Me Grow Washington is a **FREE** service that connects parents and caregivers to resources in their community.

How do I start? Call 1-800-322-2588

We will guide you every step of the way. Many of our navigators are bilingual and all of them have immediate access to interpreters so that we can communicate with you in your preferred language.

In need of support?

We can help you learn about and connect to:

- ✓ **Nutrition resources** including WIC, Basic Food (food stamps or SNAP), and food banks
- ✓ **Basic needs support** such as utility and transit assistance
- ✓ Free or low-cost **health insurance**
- ✓ **Paid Family and Medical Leave** to bond with a new child or take care of yourself or others
- ✓ **Prenatal care and baby needs** such as birth services, diapers, and supplies
- ✓ **Parent and caregiver resources** including child care, parenting classes, and support groups
- ✓ Services for children with **special health care and developmental needs**
- ✓ **Support for infants and toddlers** including early intervention and early learning resources



How does it work?

A Family Resource Navigator will assist you by:

- Listening to your family's needs
- Finding the best resources for your family
- Referring your family to local services and support
- Following up with your family to ensure you have received that support
- Offering any additional resource connections your family is looking for



Call the Help Me Grow Washington Hotline
at 1-800-322-2588 or visit [HelpMeGrowWA.org](https://www.HelpMeGrowWA.org)

Part of the  WithinReach family