



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

Start the conversation with a Family Resource Navigator about your family needs.

Help Me Grow services are available in all languages.

## How does it work?

A Family Resource Navigator will help guide you every step of the way.

**They will:**

- 1 Listen to your family's needs.
- 2 Find the best resources for your family.
- 3 Refer your family to local services and support.
- 4 Follow up with your family to ensure you have received that support.
- 5 Offer any additional resource connections your family is looking for.

## What can I expect?

We can support you in a variety of ways. Help Me Grow Washington offers:

- Connection to services that are close to home
- Child development screening, without income limits
- Food assistance resources
- Free or low-cost health insurance
- Pregnancy and parenting resources



**Call 1-800-322-2588**

Visit [www.helpmegrowwa.org](http://www.helpmegrowwa.org)