



How do I start?

Call 1-800-322-2588

Start the conversation with a Family Resource Navigator about your family's 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
- Free child development screening
- Food assistance resources
- Free or low-cost health insurance
- Pregnancy and parenting resources

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Visit www.helpmegrowwa.org