



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?

Help Me Grow Washington offers free child development screenings, food assistance resources, free or low-cost health insurance, and pregnancy and parenting resources.

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Visit www.helpmegrowwa.org