



everyone has QUESTIONS when caring for a young child

NOW YOU CAN
DIAL 2-1-1!

GET ANSWERS

to questions about a child's
development and behavior

GET CONNECTED

to resources in your community

When you call **2-1-1**, you can speak
with trained **Help Me Grow Vermont**
Child Development Specialists.

Specialists are here for you 9 a.m. to 6 p.m.,
Monday through Friday.

After hours, **you can leave a confidential
message for the Child Development
Specialists.** 2-1-1 is open 24 hours a day,
7 days a week, 365 days a year.
Messages are returned ASAP.

Interpretation services are available.
All 2-1-1 services are confidential.

Find more info at **www.helpmegrowvt.org**.



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