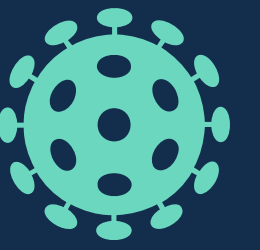
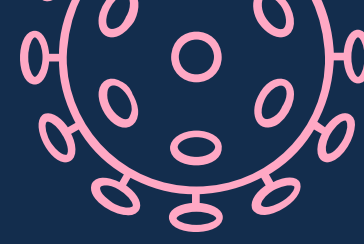
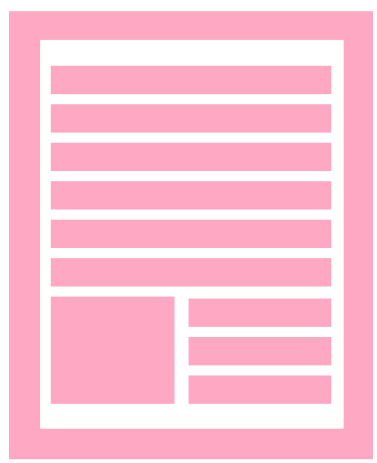


VIRTUAL MOBILIZATION



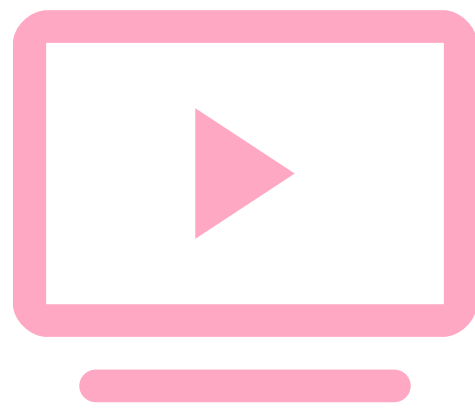
**Help Me Grow Oregon and The Swindells Center
Have a seven point plan to support families during the
Coronavirus crisis and beyond**



Tip Sheets

Curated lists of resources
and actionable tips

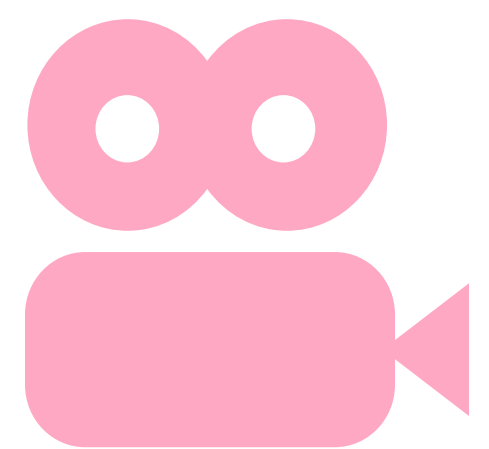
Available now



Video Vignettes

Short videos providing tips,
tools, or activities

Available starting 4/10



Recorded Trainings

Training that families
can access on their own
schedule

Available starting 4/16

Help Me Grow

phone:
833-868-4769

email:
helpmegrow@providence.org

website:
[Help Me Grow Oregon](#)



Phone & Email Support

Ongoing phone & email
supports for families and
caregivers

The Swindells Center

phone:
503-215-2429

email:
swindells@providence.org

website:
[The Swindells Center](#)



Virtual Support Groups

Chat and play spaces for
families to connect

Available in May



Virtual Family Conversations

Video conversations with
families

Available in May



Learning Care Packages

Age appropriate learning
and play based kits

Available in May