



Family stress can look different for every family.

Difficult experiences can weigh anyone down, particularly children.

Lowers tolerance for stress, which can result in behaviors such as fighting, checking out, and defiance.

May cause lasting health issues.



Increases difficulty with learning and memory.

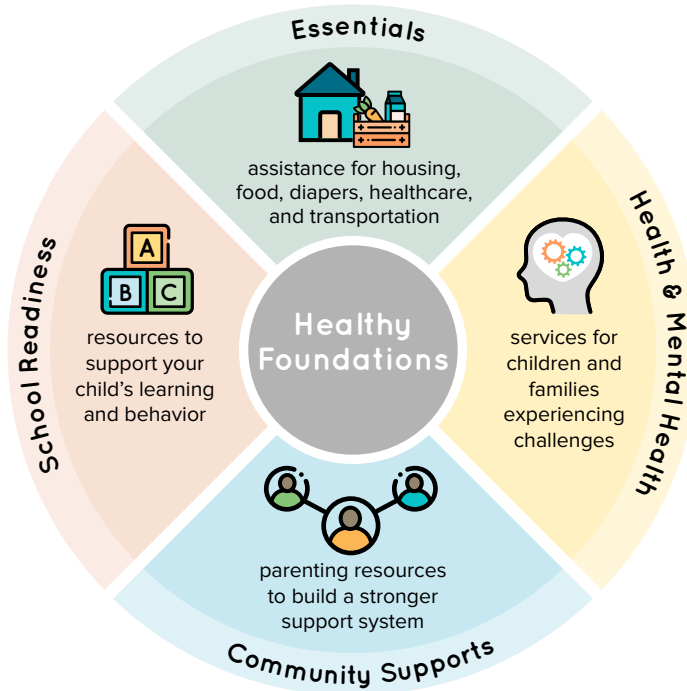
May have difficulty making friends and maintaining relationships.

Parents play a big role in helping their children grow into healthy adults. Help Me Grow supports your parenting journey in building a stronger early learning foundation for your child.

Always free. Always confidential. Just call us: 1-888-510-1211
helpmegrowalameda.org



During stressful times we need to offload some weight,
Help Me Grow supports you by connecting you to:



Help Me Grow is a free program focused on babies, young children, and the people who love them.

Always free. Always confidential. Just call us: 1-888-510-1211 or visit: helpmegrowalameda.org