

# A one-stop resource to refer families with young children

A network of support that includes pediatricians, early care and education teachers, and children's services providers working to ensure all children thrive.



## Learn more about Help Me Grow:

Help Me Grow is a model that works to promote collaboration across child-serving sectors

- Provides a central access point with over the phone care coordination to ensure they are successfully connected to resource providers like yourself
- Ensures continuous system updates for information on general child development and developmental resources with 24/7 access
- Enhances effective and clear referral pathways for families to connect with community services
- Provides collaboration and networking opportunities for service providers to further help close information gaps

### Align & Connect

Families often report facing challenges and barriers that prevent them from readily accessing necessary services for supporting their children's optimal development.

### Ease Navigation

By aligning and connecting critical systems of early intervention and support, together we can enhance our systems to be accessible and easier to navigate for all families.

### Strong Connections & Resiliency

The Help Me Grow system model brings community service providers together so that we can support children and families and tip the scale towards positive outcomes.

### How to Participate

#### PROVIDERS:

Think of the system as a resource grid, make sure you are plugged in.

Add your organization to the Help Me Grow 211 database or update/review your listing today.

Blanca Gutierrez-Costilla  
blancag@crisis-center.org

**Need help referring a family?**  
Fax your referral Form to  
925-939-1933

#### FAMILIES:

No-cost information and referral helpline for the babies you love.

Help Me Grow Contra Costa can answer parents' everyday questions. Whether you're looking for a playgroup, wondering when your baby will start walking (or stop crying!), or wondering how to prepare your child for school, we can help.

Call **211** (available 24/7) or visit [helpmegrowcoco.org](http://helpmegrowcoco.org)



[helpmegrowcoco.org](http://helpmegrowcoco.org)  
[helpmegrow@first5coco.org](mailto:helpmegrow@first5coco.org)