

HELPFUL RESOURCES



KEEP YOUR CHILDREN LEARNING

NEED TUTORING HELP?

Tutoring help is provided 6 days a week in English and Spanish!



Learn more: https://bit.ly/3j3feS0

WANT TO JOIN A LIVE STORY TIME?



Public

Daily Stortime with San Diego Public Library @ 10am Learn more: https://bit.ly/3kCjwjY



Weekday Story Station with Words Alive! @ 2:00pm Learn more: https://bit.ly/2RJF4Pd

INTERESTED IN CRAFT KITS TO USE AT HOME WITH YOUNG CHILDREN?



Click the link for dates, times and a library near you! Learn more: https://bit.ly/32NvTnO



JOIN LIVE SCIENCE ACTIVITY

Science for Preschoolers!

Only offered on October 1 and October 3 Learn more and register: https://bit.ly/2RLNZ2F



SUPPORT YOUR CHILDREN'S BEHAVIOR

Do you have a child 0-5 years old and need more resources?



Call 1-888-5-FIRST5 (888-534-7785) LEARN MORE: https://bit.ly/3hQKVN7

Strengthening Families: A Guide to Protective Factors Increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. **LEARN MORE:** https://bit.ly/32WTKkd the

Need development and behavior check ups? Parent coaching? Therapy sessions? Care coordination for families?

Call Family Health Centers of San Diego: **Central Region** 619-515-2406 **East Region** 619-515-2463

Are you a first responder or essential worker needing childcare referral?



Call 619-952-0242 LEARN MORE: https://bit.ly/3co1XRy

Feeling anxious, uncertain, or economic pressure?



Call 1-800-481-2151 Email crsbehaviorsupport@ymca.org



FIND BASIC SUPPLIES





Grab-and-Go Meals 3pm-5pm

 Every Tuesday at 404 Euclid Ave, San Diego CA 92114 **LEARN MORE:** https://bit.ly/2ZVrhJK

Fresh Food Distribution 4pm-5pm



 Every Tuesday at 404 Euclid Ave, San Diego CA 92114 LEARN MORE: https://bit.ly/3ky5r6W

CONTACT DEEP FOR MORE INFORMATION





