



Because your child's first 5 years are so important, we want to help you provide the best start for your child. Help Me Grow (HMG) is a **no-cost service** to families of young children, birth to age five.

WE CAN:

- Answer questions about your child's development and behavior.
- Offer free developmental screening, which gives you a closer look at how your child is developing, including talking, moving, and playing.
- Provide tips to support your child's development.
- Connect you to local services, if your child needs extra support.

CONNECT WITH US:

- Text or Call (805) 244-6911
- helpmegrow@first5ventura.org
- www.HelpMeGrowVC.org

**"We can
answer questions
about your child's
development!"**



HMGVC does not provide direct services or make therapeutic recommendations. We answer questions, provide information, and connect families to useful resources, including the ASQ Online® (Ages & Stages Questionnaire), an online developmental screening tool completed by parents. HMGVC will respond to referrals within 2-3 business days. Spanish language services available. Other languages supported through translation services.