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/3j3fe5O

WANT TO JOIN A LIVE STORY TIME?
Daily Storytime 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/32NvTn0

JOIN LIVE SCIENCE ACTIVITY
Science for Preschoolers!
Only offered on October 1 and October 3
Learn more and register: https://bit.ly/2RLZNZ2f

SUPPORT YOUR CHILDREN’S BEHAVIOR

Do you have a child 0-5 years old and need more resources?
First 5 San Diego
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/3ZWTkKd

Need development and behavior check ups? Parent coaching? Therapy sessions? Care coordination for families?
Call Family Health Centers of San Diego
Central Region: 619-515-2400
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/3co1X Ry

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

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
DEEP San Diego: info@deepsd.org
DEEP Website: https://bit.ly/303ZaIz