



Are you pregnant or have a child under 5 years old?

Have questions about how your child is growing and learning?

Want help accessing programs in your area?

Contact *Help Me Grow – Long Island!*

Help Me Grow is free! No appointments or travel needed. Talk to us by call, text, or email. We will stay in touch with you until your needs are met!

Help Me Grow can help you:

- Check in on how your child is doing
- Learn activities to do with your child
- Connect to programs that can help you and your child:
 - Developmental services- early intervention, home visiting, library programs
 - Needed baby items, diapers
 - Child care
 - Parenting workshops, breastfeeding classes, support groups
 - Mental health services for your family

Ways to contact us:

- Call: 516-548-8924, or dial 2-1-1 and press 7
 - Listen to the language options
 - If you leave a message, please leave your name, number, and reason for your call and we will get back to you!
- Email: info@hmgli.org
- Visit our website: www.helpmegrownny.org

*¡Se habla español!
Nou pale Kreyòl!*

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