



Help Me Grow Washington connects families to the resources needed to give ALL kids their best start



Help Me Grow[®] Washington

A program of WithinReach

The Help Me Grow Washington program offers families:

- **FREE** developmental screening, without waitlists or income limits
- **Activities and games** that support healthy growth and learning
- **Community resources**, from parenting classes to food banks
- **Referrals** for evaluation and early intervention services

Call the friendly, knowledgeable staff at our Family Health Hotline to get started today!

Call 1-800-322-2588 or visit www.ParentHelp123.org

(Look for us under the “Child Development” tab)

