



Grow. Nurture. Love.

Connecting families with local resources
for children's growth and well-being.

We all want our children to be happy and healthy! Help Me Grow Pierce County partners with families to make this a reality by connecting them to local resources.

Help Me Grow envisions a vibrant community where all families are supported and nurtured. It serves as the "go-to" place for families to find resources in their area for pregnancy, children ages 0 to 5 years old, and to connect to other families.

When you call, one of our Family Resource Navigators will listen to your needs, answer your questions, and connect you with the available resources for your family.

Resources may include:

- **Pregnancy Support and Information**
- **Parenting Education and Support Groups**
- **Housing & Utilities Assistance**
- **Medical & Dental Care**
- **Transportation**
- **Family Friendly Activities**
- **Mental Health & Drug Recovery Services**
- **Child Care & Educational Options**

Call 2-1-1