



# First 5 First Steps

**A NO-COST FAMILY  
SUPPORT PROGRAM**

Becoming a parent changes your life. Our dedicated and friendly staff can support you through the joys and uncertainties of parenting.

## WHAT WE OFFER

We connect you and your family with a Family Support Specialist through in-person home visits. Together, you will talk about your child's growth and hopes for their future.

We partner to help you:

- Lower stress
- Make learning fun
- Use positive parenting strategies
- Connect to community resources
- Deal with the hard parts of parenting



## CONTACT:

### NORTH INLAND/NORTH COASTAL

Palomar Health  
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### SOUTH

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### EAST

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MORE INFORMATION AT:

**firststepssd.org**



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