



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/3j3feS0>

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/2RLNZ2F>



SUPPORT YOUR CHILDREN'S BEHAVIOR

Do you have a child 0-5 years old and need more resources?



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/32WTKkd>

Need development and behavior check ups? Parent coaching? Therapy sessions? Care coordination for families?



Call Family Health Centers of San Diego:

Central Region 619-515-2406 **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/3co1XRy>

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

LEARN MORE: <https://bit.ly/2ZVrhJK>

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](https://www.facebook.com/DEEPSanDiego)



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DEEP Website
<https://bit.ly/303ZalZ>