# **Adulting 101**



## Help Me Grow

### What is Help Me Grow?

Connects families to local resources.

- Free referral service that connects families with developmental resources for children age birth through five years old.
- Identifies children at risk and directs them to the help they need.
- Referral line for parents to community resources.

#### What services do they offer?

- Evaluate your child's developmental progress.
- Help you decide which referrals are best for your family.
- Connect you to services that are appropriate and available.

#### Who can make referrals?

- Families
- Healthcare providers
- Service providers

#### **How do I Contact Help Me Grow?**

http://dhhr.wv.gov/helpmegrow

(800) 642-8522