

### WHO CAN BENEFIT FROM THIS SUPPORT

Whether you're a first time parent who wants to learn about your baby's growth, or an experienced parent/caregiver who needs help finding the right services, a PHOC will listen and link you to the best type of support available.

### WHAT TYPE OF SUPPORT WILL I RECEIVE?

PHOCs will link families to a variety of support services that will help them provide the best start in their child's life. This includes but is not limited to referrals for:

- Alameda County Family Support Programs - Support with prenatal, postpartum, newborn care, family planning, children/families with disabilities, teens, women's health and safety issues (e.g. breastfeeding, support groups).
- Fatherhood Services - Counseling, parenting education, and advocacy for specific interventions for fathers (e.g. child support/custody, skill based parenting education).
- Help Me Grow - Questions or concerns about your child's growth and/or development (e.g., walking, talking).
- Healthy Teeth Healthy Communities Program—Referrals to dental services (e.g. teeth cleaning/cavity prevention, dental health education).
- Resources for basic needs (e.g., Legal Aid, Diaper Bank, Clothing Closets, Food Pantry, Play Groups, Child Care Resources).
- Social Services - Support completing applications for Medi-Cal/CalFresh/CalWORKs.
- WIC—Feeding and nutritional support for newborns and young children.



### OUR VISION

All children, birth to 5, will be healthy, safe and cared for in supportive, nurturing, and loving families and communities. They will have easy access to joyful learning experiences in their homes and in their communities and they will start school confident and ready to learn.

### OUR MISSION

In partnership with families, providers and communities, our mission is to support young children, from birth to 5, so they arrive at Kindergarten healthy, safe and eager to learn.

### First 5 Alameda County Perinatal Health Outreach Coordination

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# FIRST 5



## ALAMEDA COUNTY



## PERINATAL HEALTH OUTREACH COORDINATORS

YOUR LINK TO FAMILY  
SUPPORT SERVICES

