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

1115 Atlantic Ave. Alameda, CA 94501 P: 510.227.6900 F: 510-875-2462

www.first5alameda.org

FIRST 5





PERINATAL HEALTH OUTREACH COORDINATORS

YOUR LINK TO FAMILY SUPPORT SERVICES

WHO WE ARE

Perinatal Health Outreach Coordinators (PHOCs) help expecting parents and parents with children under the age of 5 know what resources are available to them. We are a team of culturally responsive and knowledgeable professionals. We have been linking families to family support services since 2000.

WHO IS ELIGIBLE?

Any expecting parents, and/or parents/caregivers with children under 5 who live in Alameda county, regardless of income, health insurance, race, gender, national origin, immigration status, sexual orientation or age.

IS THERE A COST FOR SERVICES?

The services are FREE to all eligible families.



WHAT NOW?

Depending on what program or service you were referred to, you will receive a phone call within 3-7 business days from the date of the referral to coordinate next steps. If you have additional questions please contact First 5 Alameda County, Perinatal Health Outreach Coordination.

OTES:			