WHO WE ARE

Family support program that connects parents and parents-to-be with a trained professional to support them through the joys and uncertainties of parenting.

First Steps has demonstrated positive outcomes for families that include:
• Reduced child maltreatment
• Improved child health
• Access to care and connection to medical providers
• Improved parent and child interaction
• Family self-sufficiency

WHO WE SERVE

Expectant parents and parents of infants and toddlers who reside in San Diego County and are any of the following:
• Low income (below 200% Federal Poverty Level)
• Teens (ages 13-21)
• Immigrants and/or refugees (foreign born parent)
• Military (child is dependent of active duty, guard, reserve, or veteran service member)
• CalWORKs beneficiary

WHAT WE DO

• Partner with families beginning prenatally
• Offer voluntary home based services
• Customize services based on family strengths, needs and interests
• Nurture healthy relationships between parent and child
• Enhance parent knowledge about the growth and development of their child
• Support positive parenting practices
• Encourage sound safety practices
• Promote parent and child well-being
• Provide community referrals for parents and their children

WHEN TO REFER

We accept referrals for families experiencing stressors or vulnerabilities and who would benefit from additional support.
• Families benefit most from services when they begin the program prenatally.
• Families with infants and toddlers can also be referred when they are receiving CalWORKS benefits.

www.firststepsssd.org
## HOW TO REFER

**STEP 1**  
Use this chart to identify the family’s region of residence.

**STEP 2**  
Fax the completed referral form and consent form to that region.

**STEP 3**  
Call the regional number with any questions.

<table>
<thead>
<tr>
<th>Central</th>
<th>North Central</th>
<th>East</th>
<th>North Coastal</th>
<th>North Inland</th>
<th>South</th>
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| P: (619) 283-9624  
F: (619) 961-1025 | P: (619) 283-9624  
F: (619) 961-1025 | P: (619) 938-3239  
F: (619) 328-0638 | P: (760) 739-3261  
F: (760) 739-2835 | P: (760) 739-3261  
F: (760) 739-2835 | P: (619) 420-3620  
F: (619) 420-8722 |
| 92101 | 92162 | 92037 | 92126 | 91901 | 91976 | 92007 | 92068 | 92003 | 92070 | 91902 | 92153 |
| 92102 | 92163 | 92038 | 92130 | 91903 | 91977 | 92008 | 92075 | 92004 | 92074 | 91908 | 92154 |
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| 92105 | 92166 | 92093 | 92142 | 91916 | 91980 | 92011 | 92084 | 92027 | 92081 | 91911 | 92178 |
| 92112 | 92167 | 92106 | 92145 | 91917 | 92019 | 92013 | 92085 | 92028 | 92082 | 91912 | 92179 |
| 92113 | 92170 | 92107 | 92152 | 91931 | 92020 | 92014 | 92091 | 92029 | 92086 | 91913 |
| 92114 | 92171 | 92108 | 92159 | 91934 | 92021 | 92018 | 92672 | 92030 | 92088 | 91914 |
| 92115 | 92174 | 92109 | 92160 | 91935 | 92022 | 92023 | 92033 | 92096 | 91915 |
| 92116 | 92175 | 92110 | 92161 | 91941 | 92040 | 92024 | 92036 | 92127 | 91921 |
| 92132 | 92176 | 92111 | 92168 | 91942 | 92071 | 92049 | 92046 | 92128 | 91932 |
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| 92147 | 92123 | 92193 | 91962 | 92058 | 92066 | 92199 | 92135 |
| 92149 | 92124 | 92196 | 91963 | 92067 | 92069 | 92536 | 92143 |

### NORTH INLAND/NORTH COASTAL  
**Palomar Health**  
Shirin Strauss, M.A., ICCE, IBCLC  
(760) 739-3261  
shirin.strauss@palomarhealth.org

### CENTRAL/NORTH CENTRAL  
**SAY San Diego**  
Jean Saito  
(619) 283-9624  
jsaito@saysandiego.org

### EAST  
**Home Start, Inc.**  
Jeni Barre, (619) 402-0085  
jbarre@home-start.org

### SOUTH  
**South Bay Community Services**  
Lizbeth Noriega, (619) 420-3620  
lnoriega@csbcs.org

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FOR MORE INFORMATION:  
www.firststepsssd.org

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**Also funded by CalWORKs Home Visiting Program**

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