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

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

WHO WE SERVE
Expectant parents and parents of infants and toddlers who reside in San Diego County and are any of 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

SERVICE DESCRIPTION & REFERRAL INFORMATION FOR PROVIDERS

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.

FOR MORE INFORMATION:
www.firststepsssd.org

NORTH INLAND/NORTH COASTAL
Palomar Health
(760) 739-3261
firststeps@palomarhealth.org

CENTRAL/NORTH CENTRAL
SAY San Diego
(619) 283-9624
firststeps@saysandiego.org

EAST
Home Start, Inc.
(619) 402-0278
firststeps@home-start.org

SOUTH
SBCS
(619) 650-1597
firststeps@csbcs.org