

SERVICE DESCRIPTION & REFERRAL INFORMATION FOR PROVIDERS



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.

HOW TO REFER

STEP 1

Use this chart to identify the family's region of residence.

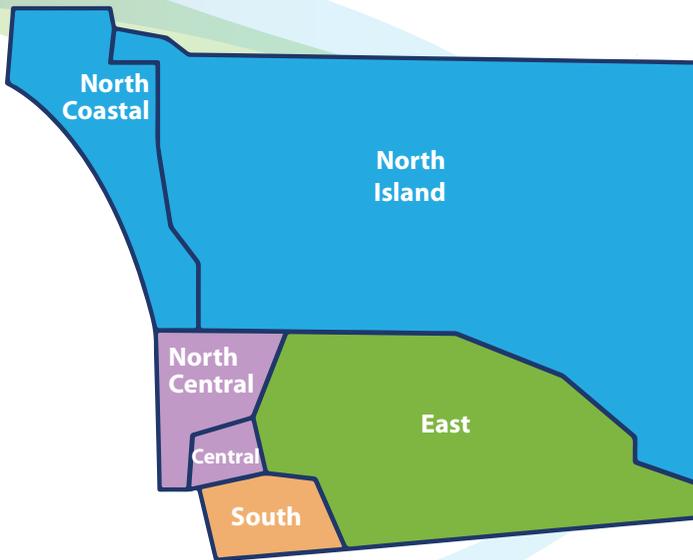
STEP 2

Fax the completed referral form and consent form to that region.

STEP 3

Call the regional number with any questions.

Central		North Central		East		North Coastal		North Inland		South	
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
92103	92164	92039	92131	91905	91978	92009	92081	92025	92078	91909	92155
92104	92165	92092	92140	91906	91979	92010	92083	92026	92079	91910	92173
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	
92134	92182	92117	92169	91943	92072	92051		92059	92129	91933	
92136	92190	92119	92177	91944		92054		92060	92150	91947	
92137		92120	92186	91945		92055		92061	92172	91950	
92138		92121	92191	91946		92056		92064	92197	91951	
92139		92122	92192	91948		92057		92065	92198	92118	
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

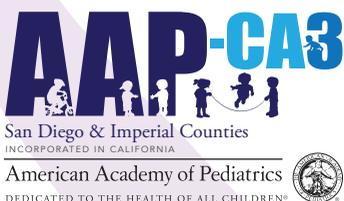
SOUTH

South Bay Community Services

Lizbeth Noriega, (619) 420-3620
lnoriega@csbcs.org

FOR MORE INFORMATION:

www.firststepssd.org



LIVEWELLSD.ORG

Also funded by CalWORKs Home Visiting Program