



First 5 First Steps

A NO-COST FAMILY
SUPPORT PROGRAM

Becoming a parent changes your life. Our dedicated and friendly staff can support you through the joys and uncertainties of parenting.

WHAT WE OFFER

We connect you and your family with a Family Support Specialist through in-person home visits. Together, you will talk about your child's growth and hopes for their future.

We partner to help you:

- Lower stress
- Make learning fun
- Use positive parenting strategies
- Connect to community resources
- Deal with the hard parts of parenting



CONTACT:

NORTH INLAND/NORTH COASTAL

Palomar Health
(760) 739-3261
firststeps@palomarhealth.org

SOUTH

SBCS
619-650-1597
firststeps@csbcs.org

CENTRAL/NORTH CENTRAL

SAY San Diego
(619) 283-9624
firststepscentral@saysandiego.org

EAST

Jeni Barre
(619) 402-0085
jbarre@home-start.org

MORE INFORMATION AT:

firststepssd.org

