

Just a
Reminder...

CONNECT
NOW

Belong

~~Get gum out of hair~~

~~Take kids to school~~

~~Check homework~~

Ask for the help you need

~~Pay phone bill~~

~~Neighborhood potluck~~

~~PTA meeting~~

YOU GOT THIS



Every parent needs help sometimes.
Make sure getting support is on your list.

Ask for support, referrals, and services when you
need them. When your needs are at the top of
your list, your family will take note.

Get support for you and your family where you
live in Georgia. Talk with a trained person who
knows and cares.

Call **1-800-CHILDREN**
(1-800-244-5373)

1-800-CHILDREN is a free helpline
for parenting support and information
for all Georgians.

MON – FRI, 8 a.m. – 6 p.m.
Se Habla Español

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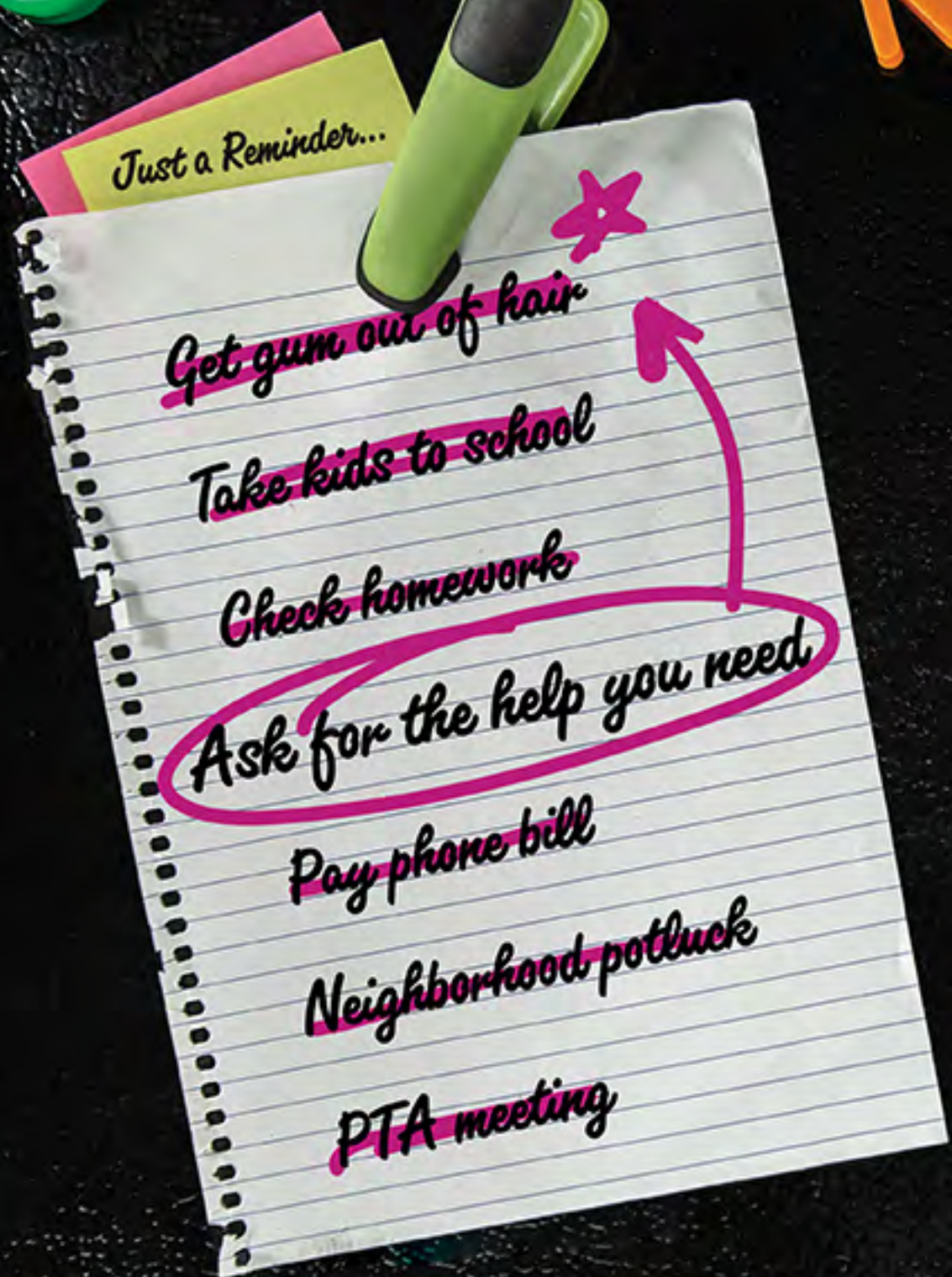
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Acuérdate de...

CONÉCTATE
AHORA

~~Quitar el chicle del pelo~~

~~Llevar los hijos a la escuela~~

~~Revisar la tarea~~

Pedir ayuda que necesitas

~~Pagar la cuenta del celular~~

~~Llevar comida a la cena
del vecindario~~

~~Asistir a la reunión
de padres escolares~~

¡TU PUEDES!



Cualquier madre o padre necesita ayuda a veces. Asegurate que buscar ayuda está en tu lista de tareas.

Pide ayuda, referencias, y servicios cuando los necesitas. Cuando tus necesidades tienen prioridad en tu lista de tareas, tu familia lo tomará en cuenta.

Obtén apoyo para ti y tu familia donde viven en Georgia. Habla con una persona capacitada quien entiende y se preocupa.

Llama **1-800-CHILDREN**

(1-800-244-5373)

1-800-CHILDREN es una línea de ayuda gratuita para el apoyo de la crianza y la información para todos los georgianos.

De lunes a viernes 8 a.m. – 6 p.m.
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Download the full resolution posters here:

<https://drive.google.com/drive/folders/1CVw15He6ZPEIST0VGF3VD1iZLmkxt7PQ?usp=sharing>