



Help Me Grow[®]

Ottawa

Why connect with Help Me Grow - Ottawa?

For all families with children prenatal to age 5

- Childcare and low-cost, free, and tuition-based preschools
- Local events and playgroups
- Developmental and behavioral check-ins
- Answers to prenatal and pregnancy questions
- And much more!



Connecting • Developing • Thriving

English and Spanish Care Coordinators Available

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