

**One  
Call**



**Family Health Hotline**  
**1.800.322.2588**  
711 (TTY relay)

*One call connects your family  
to food and health resources  
anywhere in Washington*

### Food

- WIC (The Nutrition Program for Women, Infants and Children)
- Basic Food (Food Stamps)



- Food Banks
- Summer Meal Sites

### Health Insurance

- Free & Low-cost Coverage for Children (Apple Health for Kids)
- Family Medical
- Take Charge (Birth Control)

### Prenatal Resources

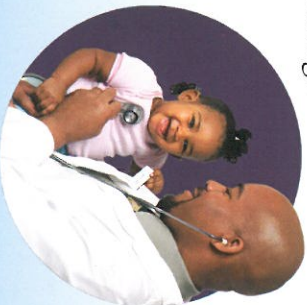
- Medical Insurance (First Steps)
- Maternity Support Services

### Family Health Resources

- Immunizations
- Free Developmental Screenings
- Breastfeeding Support
- Family Planning
- Dental Resources for Children

### Parenting Resources

- Working Connections Child Care
- Parenting Support Groups



*Help is available in all languages*

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Programs of **WithinReach**

[www.ParentHelp123.org](http://www.ParentHelp123.org)

WFR7050611



*Get connected to health insurance and food*



A Program of **WithinReach**

[www.ParentHelp123.org](http://www.ParentHelp123.org)

*A website to connect your family to state-sponsored health insurance, food programs and resources in your community*

**It's as easy as 1 2 3**

### 1 Screen Your Family

For state-sponsored programs-WIC, Basic Food (Food Stamps), Working Connections Child Care, the birth control program Take Charge, free and low-cost health insurance for children, pregnant women and adults

### 2 Apply Online

Choose programs for your family and send in applications online. It only takes about 15 minutes

### 3 Find Local Services

Search by zip code for food banks, low-cost medical clinics, pregnancy resources and more



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