



PEAS PARENT EDUCATION AND SUPPORT

Are You a Parent of a Young Child Receiving Developmental Services in Sonoma County? Are You Ready for Some Support Yourself?

Watch Me Grow's Parent Education and Support (PEAS) Program is a flexible, short-term, one-on-one home visit service for Sonoma County families with young children, ages birth through 5 years who are receiving developmental services*.

PEAS provides 6 **free** weekly, one-hour home visits, during which parents receive support and learn about such things as community resources, family routines, sibling issues, stress reduction, and more.

PEAS sessions are provided either in the home or at ELI's offices. They do not replace existing services and are provided at no cost to families.

The Watch me Grow PEAS Program is funded through First Five Sonoma County and Sonoma County Mental Health.

To talk with a PEAS Counselor, call Watch Me Grow at (707) 591-0170.

*Developmental services include Early Intervention Home Visits, therapeutic play groups, occupational therapy, physical therapy, speech therapy, or special education preschool services.