



Parenting  
can be a joy.



It can also be hard.

Everyone needs help sometimes,  
and support is out there.

**Be There for ME** is a judgement-free place to start to find support with:

- Housing
- Transportation
- Getting Everyday Items
- Food
- Child Care
- Your Child's Health or Development
- Your Child's Feelings or Stress
- Being a New Parent or Caregiver
- Your Feelings or Stress
- Drugs or Alcohol
- Figuring Out What You Need



**Find out more at: [BeThereforME.org](https://www.BeThereforME.org)**

Supporting Parents and Caregivers in Maine

Be There for ME was developed by the Department of Health and Human Services and the Maine Child Welfare Action Network in partnership with a diverse group of parents and caregivers.

