



Parenting
can be a joy.

It can also be hard.

Everyone needs help sometimes,
and support is out there.

There can be a lot to think about when you are caring for yourself and your child. Whether it's paying bills, finding affordable child care, or dealing with your own feelings and stress – **Be There for ME** is a judgement-free place to start to find support.

Find out more at: 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.

