

Be There for

A close-up photograph of a Black woman with long, straight brown hair, wearing a red turtleneck sweater. She is smiling warmly at the camera.

Parenting
can be a joy.

A close-up photograph of a middle-aged man with a grey beard and mustache, wearing a dark blue polo shirt. He is smiling broadly, showing his teeth.

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.



If you're a parent or caregiver,
Be There for ME is a 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.