

# EXPECTING A CHILD?

You are eligible for free parenting support and baby items!



At Room to Grow, families have their first visit during their last trimester of pregnancy. From there, families meet one-on-one with program staff every three months until their children turn three.



## Baby Items

Pick out clothes, books, toys, and other items for your baby



## Parenting Support

Discuss parenting questions with program staff and connect with community resources



## Child Development

Develop strategies to support your child's growth and development

**Sessions are held virtually by phone or videoconference until our offices re-open at our Dorchester Family Center or South End Family Center.**



Families in our program experience reduced stress and more confidence as parents.



Expecting families of all types are welcome to apply. We enroll families who are eligible for other benefits, such as SNAP, WIC, TANF, etc. There are no requirements around citizenship, age, marital or relationship status, or number of children.

**To apply or refer someone you know, take five minutes to fill out our form at [bit.ly/rtg-applynow](https://bit.ly/rtg-applynow) or scan our QR code →**

**Have questions? Call us at 617-859-4545**



For more information, check us out at [roomtogrow.org](https://roomtogrow.org) or visit us on social media:  
**Instagram:** @roomtogroworg | **Facebook:** @roomtogrow | **Twitter:** @roomtogrow\_org

**Dorchester Family Center** | 230 Centre Street, Dorchester, MA, 02124  
**South End Family Center** | 400 Shawmut Avenue, Boston, MA, 02118