

## CAR SEAT PROGRAMS

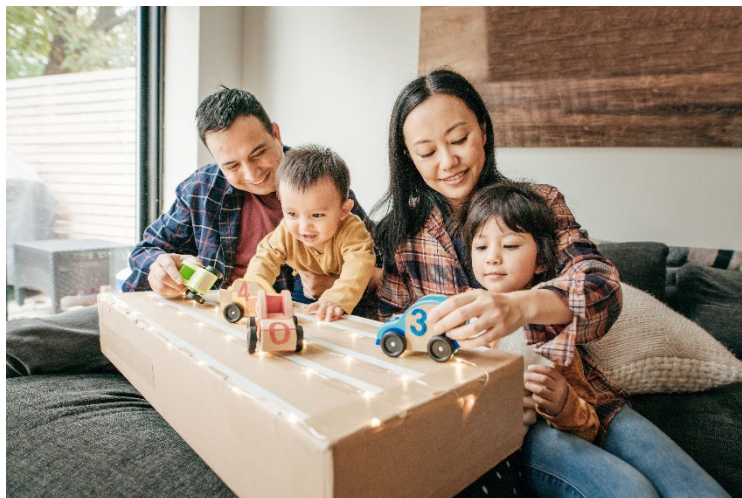
### OTS - Who's Got Car Seats

"The following directory, mandated by SB 1073 (Chapter 1223, Statutes of 1991), and SB 503 (Chapter 512, Statutes of 1995), was designed as a first step in complying with Vehicle Code Section 27360 which requires local health departments to provide municipal courts with the listing of all local low-cost car seat programs."

**Contact:** (916) 509-3030

**Website:** <https://www.ots.ca.gov/whos-got-car-seat/>

Last Verified On: 01/11/2026



## CHILD ABUSE RESOURCES

### Marin County Child Abuse and Neglect Reporting Hotline

"Marin County Children and Family Services (CFS) Child Abuse Reporting Hotline is available 24 hours a day, 7 days a week, 365 days a year to receive and assess allegations of child abuse, neglect, or exploitation. CFS take reports of suspicion of abuse or neglect by parents and other caregivers in the home, and reports of exploitation."

**Contact:** (415) 473-7153

**Website:** <https://www.marinhhs.org/child-abuse-neglect-reporting-hotline>

Last Verified On: 01/28/2026

## CHILD DEVELOPMENT RESOURCES

### Family Works

"Provide one on one parenting support and life skills education for intellectually and developmentally disabled adults."

**Location:** 500 Professional Center, Suite 525, Novato, CA 94947

**Contact:** (415) 492-0720

**Website:** <https://www.familyworks.org>

Last Verified On: 01/28/2026

### Parent Services Project

"Engages and strengthens families to take leadership for the well-being of their children, families, and communities"

**Location:** 79 Belvedere Street, Suite 101, San Rafael, CA 94901

**Contact:** (415) 454-1870

**Website:** <https://parentservices.org/>

Last Verified On: 01/28/2026

## CHILD DEVELOPMENT RESOURCES, Continued

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### First 5

“First 5 California will convene, partner in, and help lead the movement to create and implement a comprehensive, integrated, and coordinated system for California’s children prenatal through age 5 and their families. It will promote, support, and optimize early childhood development.”

**Contact:** (916) 263-1050

**Email:** [info@ccfc.ca.gov](mailto:info@ccfc.ca.gov)

**Website:** <https://www.first5california.com/en-us/>

Last Verified On: 01/28/2026

### Community Action Marin – Early Childhood Education

“Community Action Marin offers high-quality education programs for each age group. These programs are designed to provide children with the skills they need to support at every stage in their development.”

**Location:** 7665 Redwood Blvd  
Novato, CA 94945

**Contact:** (415) 526-7500

**Website:** <https://camarin.org/program/head-start-early-childhood-education/>

Last Verified On: 01/28/2026

### Head Start

“Head Start is a federally-funded early childhood education program that provides comprehensive services—including education, health, nutrition, and family support—to low-income children (ages 0-5) and their families.”

**Contact:** (916) 444-7760

**Website:** <https://headstartca.org/>

Last Verified On: 01/28/2026

### Child Inc.

“Child Inc, founded in 1972, is a nonprofit organization operating to provide low-income families with early childhood education, mental health services, disabilities services, nutritional services, medical and dental services, social services and parent engagement activities.”

**Contact:** (512) 451-7361

**Website:** <https://childinc.org/>

Last Verified On: 01/28/2026

### Matrix Parent Network and Resource Center

“Empowers families of children with special needs to successfully understand and access the systems that serve them.”

**Location:** 2400 Las Gallinas Avenue, Suite 100, San Rafael, CA 94903

**Contact:** (415) 884-3535

**Website:** <https://www.matrixparents.org>

Last Verified On: 01/28/2026

## CHILDCARE RESOURCES

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### California Department of Social Services Child Care and Development Programs

“This page offers an overview of California’s subsidized child care and development programs.”

**Location:** 744 P Street M.S. 9-8-360  
Sacramento, CA 95814

**Website:**

<https://www.cdss.ca.gov/inforesources/calwork-s-child-care/subsidized-programs>

Last Verified On: 01/28/2026



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## CHILDREN ADVOCACY SERVICES

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### California CASA – Court Appointed Special Advocate Association

“California Court Appointed Special Advocate Association ensures that children & youth in the foster care system have a voice and the services they need for a stable future.”

**Location:** 3525 Del Mar Heights Road #243  
San Diego, CA 92130

**Contact:** (510) 663-8440

**Website:** <https://www.californiacasa.org/>

Last Verified On: 01/29/2026

### California Child Protective Services – CPS

“The Child Protective Services is the major system of intervention of child abuse and neglect in California. Existing law provides for services to abused and neglected children and their families.”

**Contact:** (415) 473-7153

**Website:**

<https://www.cdss.ca.gov/reporting/report-abuse/child-protective-services>

Last Verified On: 01/29/2026

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## CHILDREN & FAMILY SUPPORT SERVICES

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### North Marin Community Services – Individual and Family Counseling

“Offer affordable and confidential mental health counseling to help teens overcome personal challenges. Substance abuse brief counseling also offered.”

**Location:** 680 Wilson Ave  
Novato, CA 94949

**Contact:** (415) 892-1643

**Website:**

<https://www.northmarincs.org/health-programs/individual-and-family-therapy/>

Last Verified On: 01/29/2026

### North Marin Community Services – Parenting Skills and Support

“Case managers help parents one-to-one with guidance and parenting skills to help parents learn ways to reduce their stress and improve their ability to care for their children.”

**Location:** 1907 Novato Boulevard,  
Novato, CA 94947

**Contact:** (415) 897-4147

**Email:** [outreach@northmarincs.org](mailto:outreach@northmarincs.org)

**Website:**

<https://www.northmarincs.org/education-programs/parenting-classes-and-skill-building/>

Last Verified On: 01/29/2026

### Young Moms Marin

“Offers a wide variety of parent education and support based on the significant needs of the young parents.”

**Contact:** (415) 686-3273

**Email:** [youngmomsmarin@gmail.com](mailto:youngmomsmarin@gmail.com)

**Website:** <https://youngmomsmarin.org/>

Last Verified On: 01/29/2026

## DIAPER RESOURCES

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### Marin Diaper Bank

“We distribute diapers and family essentials once a month - once your application is approved, we will send you the request form that you will fill out and submit each month you need supplies for.”

**Website:** <https://www.postpartumsc.org/marin-diaper-bank>

**Form:**

[https://docs.google.com/forms/d/e/1FAIpQLSfcfka35nC-bwW2DLTIKtkWTosqp\\_9-RxnH\\_W6WBN4r4UZkg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfcfka35nC-bwW2DLTIKtkWTosqp_9-RxnH_W6WBN4r4UZkg/viewform)

Last Verified On: 01/29/2026

### Help a Mother Out – Marin Partner Agencies (Diaper Support)

“Diaper assistance provided through Marin partner agencies to support families in need”

**Contact:** (415) 884-3535

**Website:** <https://helpamotherout.org/>

Last Verified On: 01/29/2026

### County Office of Education – Marin

“Providing educational programs, services, and support for students, teachers, and families across Marin County”

**Location:** 1111 Las Gallinas Avenue  
San Rafael, CA 94903

**Contact:** (415) 472-4110

**Website:** <https://www.marinschools.org/>

Last Verified On: 01/29/2026

## DOMESTIC VIOLENCE RESOURCES

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### Love is Respect

“Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.”

**Contact:** (866) 331-9474

**Text:** LOVEIS to 22522

**Website:** <https://www.loveisrespect.org/>

Last Verified On: 01/29/2026

### 211 – California

“No matter the situation, the specialists at 211 listen, identify underlying problems, and connect people in need with resources and services in their community that improve their lives. In 2023, **2,500** 211 Call Specialist across the U.S. responded to more than 15 million requests for help averaging 42,000 calls, texts, emails, and web chats each day.”

**Contact:** Call 2-1-1 or (866) 916-3566

**Website:** <https://211.org/>

Last Verified: 01/20/2026

### First 5 Marin

“Supporting early childhood health, education, family well-being, and assisting families in meeting essential needs such as diapers”

**Contact:** (415) 257-8555

**Website:** <https://www.first5marin.org/>

Last Verified: 01/29/2026

## EDUCATIONAL RESOURCES

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### California Chafee Grant for Foster Youth

“The California Chafee Grant for Foster Youth (Chafee Grant) awards up to \$5,000 a year to eligible foster youth.”

**Website:** <https://chafee.csac.ca.gov/>

Last Verified On: 01/29/2026

### CaKIDS

“CaKIDS takes the initiative by automatically offering newborns and eligible low-income public school children in California an initial seed deposit, along with other potential financial incentives. This ensures that they can start their college and career savings journey right from the beginning.”

**Contact:** (888) 445-2377

**Website:** <https://calkids.org/>

Last Verified On: 01/29/2026

## FINANCIAL ASSISTANCE RESOURCES

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### The B+ Foundation Family Assistance Program

“Our program gives qualified families money for expenses that are attributable to their child’s cancer diagnosis. The goal of the program is to lessen the financial burden so families can focus on helping their children get well.”

**Contact:** (302) 563-8389

**Website:** <https://bepositive.org/need-help/>

Last Verified On: 01/29/2026

## HOME VISITING PROGRAMS

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### CalWORKs Home Visiting Program

“CalWORKs HVP aims to support positive health development and well-being outcomes for pregnant and parenting people, families, and infants born into poverty, expand their future educational, economic, and financial capability opportunities, and improve the likelihood that they will exit poverty.”

**Email:** [CalWORKsHVP@dss.ca.gov](mailto:CalWORKsHVP@dss.ca.gov)

**Website:** <https://www.cdss.ca.gov/calworks-home-visiting-program/families>

Last Verified On: 01/29/2026

## FOSTER CARE & KINSHIP SERVICES

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### Marin Foster Care Association – Community Resource Center

“Bring together all resource families, agency personnel, and community members committed to supporting foster youth”

**Location:** 55 Mitchell Blvd, #2,  
San Rafael, CA 94903

**Contact:** (415) 507-0557

**Website:** <http://marinfoostercare.org/>

Last Verified On: 01/29/2026

### Alternative Family Services

“Transition Aged Youth Services, Transitional Housing, and Independent Living Skills”

**Location:** 361 Third Street, Suite G  
San Rafael, CA 94901

**Contact:** (415) 482-1640

**Website:**

<https://www.afs4kids.org/services/transition-aged-youth/>

Last Verified On: 01/29/2026

### TLC Child & Family Services

“Comprehensive quality foster care and adoption services, residentially based services, special education services, transitional housing, and counseling.”

**Location:** 1800 Hwy 116 N  
Sebastopol, CA 95472

**Contact:** (707) 823-7300

**Website:** <https://tlc4kids.org>

Last Verified On: 01/29/2026

### Family Urgent Response System (FURS)

“FURS is a free 24/7/365 Hotline for current and former foster youth (up to age 21) and their caregivers with immediate, trauma-informed support when they need it. FURS assists to prevent placement disruptions, promotes healing as a family and is a safe, judgement free, and private space to talk about your worries and vent.”

**Call or Text Hotline:** (833) 939-3877

**Contact:** (916) 657-1858

**Website:**

<https://cdss.ca.gov/inforesources/cdss-programs/foster-care/furs>

**(Spanish) Sitio Web:**

<https://www.cdss.ca.gov/Portals/9/Child-Welfare-Programs/Foster-Care/FURs/FURS-Hotline-Flyer-Youth-SP.pdf>

Last Verified On: 01/29/2026

## LIBRARY RESOURCES

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### California State Library

“Description of resource pulled straight from the resource’s website, with quotations.”

**Website:** <https://www.library.ca.gov/>

Last Verified On: 01/29/2026

## LEGAL SERVICES

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### California Family Law Facilitator's Office

"The Family Law Facilitator's Office is a self-help program staffed by attorneys, paralegals and clerks that provides free legal assistance to unrepresented family law litigants."

**Website:** <https://flf.sdccourt.ca.gov/>

Last Verified On: 01/29/2026

### Legal Services for Children

"Legal Services for Children provides free, trauma-informed legal and social work services to San Francisco Bay Area children and youth who are seeking a safe and stable home with loving caregivers, access to legal immigration status, freedom from detention, and access to education."

**Location:** 870 Market Street, Suite 356, San Francisco, CA 94102

**Contact:** (415) 863-3762

**Website:** <https://lsc-sf.org/>

Last Verified On: 01/29/2026

## MENTAL HEALTH SERVICES

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### Carelon Behavioral Health (formerly Beacon)

"Behavioral health services company that serves the full spectrum of mental health and wellness needs, from mild-to-moderate anxiety and depression to substance use disorder, suicide prevention, and crisis solutions."

**Contact:** (855) 765-9703

**Website:** <https://www.carelon.com>

Last Verified On: 01/29/2026

### Bright Life Kids (CalHOPE)

"Personalized support for California families. Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more"

**Contact:** (888) 275-5357

**Email:** [info@helloworldbrightline.com](mailto:info@helloworldbrightline.com)

**Website:** <https://www.brightlife.kids/>

Last Verified On: 01/29/2026

### Your Life Your Voice

"You don't have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7."

**Contact:** (800) 448-3000

**Text:** VOICE to 20121

**Website:**

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Last Verified On: 01/29/2026

## PARENT EDUCATION & SUPPORT

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### Carson's Village

"If you have never experienced the sudden loss of a loved one, you can't prepare yourself for how many practical details there are to manage... Carson's Village can provide a wide range of free support services to help your family navigate this difficult time."

**Website:** <https://carsonsvillage.org/contact-us/>

Last Verified On: 01/29/2026

## PET SERVICES

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### CDSS Assistance Dog Special Allowance Program

"The California Department of Social Services offers the Assistance Dog Special Allowance, which provides a monthly stipend of \$50 to eligible people who use a guide, service, or signal dog. The allowance is to help cover the food, grooming, and health costs of the dog."

**Contact:** (916) 657-2628

**Website:** <https://www.cdss.ca.gov/assistance-dogs>

Last Verified On: 01/29/2026

### 24Petconnect

"Provides a centralized platform for posting and searching lost, found, and adoptable animals through participating animal welfare organizations nationwide."

**Website:** <https://24petconnect.com/>

Last Verified On: 01/29/2026

### Marin Humane – Pet Care Assistance Program

"Helps more than 225 low-income residents and other in need with pet food deliveries, transportation to the veterinarian, dog walking, pet grooming, litter box maintenance, and emergency boarding of pets in the event of hospitalization."

**Website:**

<https://marinhumane.org/get-involved/community-engagement/pet-care-assistance/>

Last Verified On: 01/29/2026

### Petco Lovelost

"Our mission [is] to reunite lost pets. Together, we'll spread the word and help lost pets find their way home. Use a photo to search our national lost and found database for your missing pet."

**Website:** <https://petcolove.org/lost/>

Last Verified On: 01/29/2026

### RedRover

"We provide financial assistance, resources and emotional support to pet guardians struggling with economic hardship when pets are in life-threatening situations."

**Website:** <https://redrover.org/relief/urgent-care-grants/>

Last Verified On: 01/29/2026

## UTILITY ASSISTANCE

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### Relief for Energy Assistance through Community Help (REACH)

“The REACH program helps you pay for energy during a crisis. REACH provides an energy credit for up to \$800 based on the past due bill (energy credit support is subject to funding availability).”

**Contact:** (877) 660-6789

**Website:**

<https://www.pge.com/en/account/billing-and-assistance/financial-assistance/relief-for-energy-assistance-through-community-help.html>

Last Verified On: 01/16/2026

### California Alternate Rates for Energy (CARE) program

“Qualified households can save 20 percent or more each month on their energy bill. Apply is easy and only takes a few minutes. Your income eligibility is based on current earnings going forward and not past income, so if you have had a change in circumstances you may now qualify.”

**Contact:** (866) 743-5832

**Email:** [CAREandFERA@pge.com](mailto:CAREandFERA@pge.com)

**Website:**

<https://www.pge.com/en/account/billing-and-assistance/financial-assistance/california-alternate-rates-for-energy-program.html>

Last Verified On: 01/16/2026

### Family Electric Rate Assistance (FERA) Program

“The Family Electric Rate Assistance (FERA) program helps eligible customers pay their energy bill. Income-qualified customers get an 18 percent monthly discount on electric rates. Note: FERA and CARE share one application. If you do not qualify for FERA, we will check to see if you qualify for CARE.”

**Contact:** (866) 743-5832

**Email:** [CAREandFERA@pge.com](mailto:CAREandFERA@pge.com)

**Website:**

<https://www.pge.com/en/account/billing-and-assistance/financial-assistance/family-electric-rate-assistance-program-fera.html>

Last Verified On: 01/16/2026

### PG&E Medical Baseline Program

“The Medical Baseline Program is also known as Medical Baseline Allowance. It assists residential customers who depend on power for certain medical needs.”

**Contact:** (877) 660-6789

**Website:**

<https://www.pge.com/medicalbaseline>

Last Verified On: 01/16/2026

### California Connect

“California Connect, also called the Deaf and Disabled Telecommunications Program (DDTP), is funded by the California Public Utilities Commission (CPUC) and is a public purpose program that provides communications equipment and services to persons with disabilities. The program's accessible products and services are available at no cost, removing financial barriers.”

**Contact:** (800) 806-1191

**Website:** <https://caconnect.org/>

Last Verified On: 01/16/2026

## YOUTH ENRICHMENT PROGRAMS

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### Side by Side

“Side by Side operates across the Bay Area, providing young people ages 5-26 and family members with critical services that span behavioral and mental health, early intervention in schools, LGBTQIA+ support, transitional housing for foster youth, and special education.”

**Location:** 300 Sunny Hills Dr, San Anselmo, CA 94960

**Contact:** (415) 457-3200

**Email:** [contactus@sidebysideyouth.org](mailto:contactus@sidebysideyouth.org)

**Website:**

<https://www.sidebysideyouth.org/programs/>

Last Verified On: 01/29/2026

### Bright Life Kids (CalHOPE)

“Personalized support for California families. Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more”

**Contact:** (888) 275-5357

**Email:** [info@helloworldbrightline.com](mailto:info@helloworldbrightline.com)

**Website:** <https://www.brightlife.kids/>

Last Verified On: 01/29/2026

## WOMEN, INFANTS, AND CHILDREN (WIC)

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### Marin County WIC

“The Women, Infants, and Children (WIC) Supplemental Nutrition Program is a supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five who have a nutritional risk.”

**Website:** <https://www.marinhhs.org/wic-hours-locations>

**State Website:** <https://www.myfamily.wic.ca.gov/>

Last Verified On: 01/29/2026

### Marin Health & Wellness Center

**Location:** 3250 Kerner Boulevard  
San Rafael, CA 94901

**Contact:** (415) 473-6889

**Email:** [MarinCountyWIC@marincounty.org](mailto:MarinCountyWIC@marincounty.org)

**Dates/Hours:** Monday through Friday, 8:00 a.m. – 5:00 p.m., 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from 5:00 p.m. – 7:00 p.m.

Last Verified On: 01/29/2026

### West Marin Services Center

**Location:** 1 Sixth St  
Pt Reyes Station, CA 94956

**Contact:** (415) 473-6889

**Email:** [MarinCountyWIC@marincounty.gov](mailto:MarinCountyWIC@marincounty.gov)

**Dates/Hours:** 3<sup>rd</sup> Thursday of every month from 8 a.m. – 4:30 p.m. Closed noon – 1 p.m. for lunch

Last Verified On: 01/29/2026

### Novato WIC Office

**Location:** 1682 Novato Blvd. Ste. 102  
Novato, CA 94947

**Contact:** (415) 473-6889

**Email:** [MarinCountyWIC@marincounty.gov](mailto:MarinCountyWIC@marincounty.gov)

**Dates/Hours:** Wednesdays and Fridays 8 a.m. – 4:30 p.m. Closed noon – 1 p.m. for lunch

Last Verified On: 01/29/2026

### Marin City Health & Wellness Center

**Location:** 630 Drake Ave,  
Marin City, CA 94965

**Contact:** (415) 473-6889

**Email:** [MarinCountyWIC@marincounty.gov](mailto:MarinCountyWIC@marincounty.gov)

**Dates/Hours:** 1<sup>st</sup> Friday of every month from 1:30 p.m. – 5 p.m. and 3<sup>rd</sup> Friday of every month from 8:30 a.m. – noon

Last Verified On: 01/29/2026

## LEGAL SUPPORT SERVICES

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### Parentage Opportunity Program

“The Parentage Opportunity Program offers eligible parents the opportunity to establish a legal parent-child relationship free of charge by signing and filing a Voluntary Declaration of Parentage. The Program is only one of two ways to legally establish parentage, and the program significantly decreases the time and money required to establish legal parentage through the lengthy and expensive court process.”

**Contact:** (916) 464-1982

**Website:** <https://parentage.dcss.ca.gov/>

Last Verified On: 01/29/2026