## Parent Toolbox: Project Breather

Individualized resources for your parenting journey

email mission@coastalfamilypartners.com for more information or call 251-380-6084.





# What's in your Parent Toolbox?

Whether you're a new or experienced parent, we all need tools that help us during our parenting journey. We offer free parenting boxes filled with children's books, crafts, parenting strategies/tips, and other resources.

Once enrolled, you'll also be invited to our parenting workshops like LENA Start and Parent Cafes. It's regular support for life's most important role.



#### Referrals

You'll participate in a Family Needs Asssesment that helps us connect you to resources



### **Personalized**

Your Parenting Toolbox includes materials that support your family's specific needs and your child's abilities



#### **Our strategy**

We are built on the concept of community support and partnerships.