

A resource guide to free or low-cost resources to support you to do the amazing work you all do for our youngest in Marin.

HOUSING

- ❖ **EAH housing-** “EAH housing is committed to maintaining the current supply of affordable rental housing.” Search by location, type of house and put “family/workforce” in the community type section.
Phone: 415-258-1800
Website: <https://www.eahhousing.org/apartment-search/>



* MANY LOCAL RESOURCES
ARE ABLE TO OFFER
SERVICES IN MULTIPLE
LANGUAGES

MENTAL HEALTH



- ❖ **Marin County Behavioral Health and Recovery Services-** “Offers prevention and early intervention, suicide prevention and crisis services to all residents of Marin County.”
Phone: (888) 818-1115 Text: 741741 for a crisis emergency
Website: <https://www.marinhhs.org/behavioralhealth-recovery-services>
- ❖ **CALM App-** An app that you can access anytime you need to take a break and breathe, also with many other resources to support your emotional well-being. This app is free for Kaiser members.
App: www.calm.com

INTERNET / COMPUTER / COMPUTER SKILLS TRAINING

- ❖ **EveryoneOn-** “We help bring low-cost internet service and affordable computers to those who need it.”
Phone: Call/text 877-789-9889
Website: <https://www.everyoneon.org/>
Computer Skills training:
<https://edu.gcfglobal.org/en/basic-computer-skills/#>



COLLEGE / EDUCATION

- ❖ **College of Marin** -COM is an accredited community college offering classes for personal enrichment and professional development. For first time students, please call (415) 485-9469 or visit the welcome center in person or online <https://ss.marin.edu/welcome>
Phone: (415) 457-8811 x415
Website: <http://www.marin.edu>
- ❖ **Tam Adult School**- Offers GED classes and support as well as courses to learn English (ESL).
Phone: 415-945-3780
Website: <https://www.tamdistrict.org/Page/12010>

TRAININGS

- ❖ **Marin Child Care Council**- offers various trainings on topics such as guiding infants and toddlers, licensing, and nutrition and how to establish a family childcare program.
Phone: 415-472-1092
Website: www.mc3.org/trainings-events-1
- ❖ **MCOE/Early Child Department**- offers a variety of professional development for educators, administrators, families, and caregivers with the goal of co-creating early learning environments free from bias.
Phone: 415-499-5889
Website: <https://www.marinschools.org/Page/2756>



PHYSICAL HEALTH

- ❖ **Shimmy App**- free 7-minute workouts to keep you moving each day and try something new.
App: <https://apps.apple.com/app/apple-store/id6443466349>
- ❖ **More free workouts** found on YouTube, and Netflix search "Nike training club."



NUTRITIONAL HEALTH

- ❖ **Marin County Nutrition Wellness Program**- Provides nutrition education and obesity prevention services for low income communities, schools, and organizations.
Phone: (415) 473-4636
Website: <http://www.marinhhs.org/nutrition-wellness-program>

For a list of further resources please visit the Marin County Health and Human resources guide here: www.marinhhs.org/community-resource-guide