

# EARLY CHILDHOOD EDUCATORS IN MARIN



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.

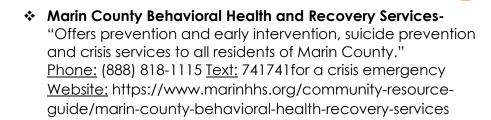
Phone: 415-258-1800

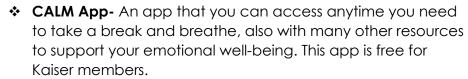
Website: https://www.eahhousing.org/apartment-search/



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

# MENTAL HEALTH





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: <a href="https://www.everyoneon.org/">https://www.everyoneon.org/</a>

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

HeadStart-Mindful Moments (short videos).

https://headstart.gov/mentalhealth/article/managing-stressmindful-moments?redirect=eclkc

MadFit- Low impact workout (no equipment)

https://www.youtube.com/watch?v=y
eLfaC9XIzQ



#### **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