



# 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



- ❖ **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/community-resource-guide/marin-county-behavioral-health-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](http://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](http://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/mental-health/article/managing-stress-mindful-moments?redirect=ecikc>
- ❖ **MadFit- Low impact workout** (no equipment)  
<https://www.youtube.com/watch?v=yelFaC9XIzQ>



## 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](http://www.marinhhs.org/community-resource-guide)