



# WHERE DO YOU GO FOR HELP?

**IF YOU OR YOUR FAMILY IS HAVING PROBLEMS WITH...**

feeling overwhelmed?  
making ends meet?  
having enough food to eat?  
getting family health insurance?  
the safety of you or your child?

the condition of your housing?  
your child's development  
your child's school performance?  
you or your child's reading skills?  
your child not having after school or summer activities?

**YOU ARE NOT ALONE.**

**THERE ARE COMMUNITY RESOURCES THAT CAN HELP!!**

Go to [www.cap4kids.org/hawaii](http://www.cap4kids.org/hawaii)

**THE UNIVERSITY OF HAWAII COMMUNITY PEDIATRICS DIVISION**