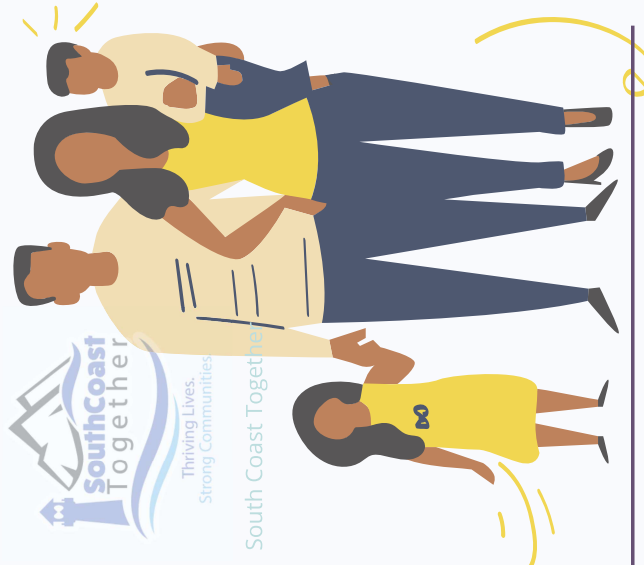


# HELP THAT HELPS



South Coast Together



**WHAT IS  
THIS GUIDE?**  
A TOOL FOR PARENTING ADULTS TO  
LEARN ABOUT BRAIN SCIENCE AND  
HOW IT CAN HELP FAMILIES THRIVE.