



## No Estás Solo

The goal of No Estás Solo (NES) is to help children and families cope with difficult situations.

### Who Does Any Baby Can's No Estás Solo Program Serve?

No Estás Solo employs clinically licensed therapists who provide bilingual, home-based mental health counseling to children and families enrolled in other Any Baby Can home-visitation programs. Counseling services help clients address mental health issues and cope with stressful and difficult situations.

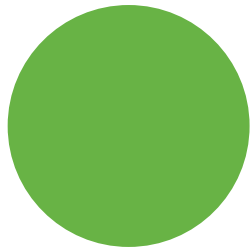
### How We Help

Mental health counseling services, provided by licensed counselors, are available to provide support and to help Any Baby Can clients identify their strengths and build skills to success fully manage challenging situations.

We also provide a weekly Postpartum Depression Support Group at Any Baby Can to help new and expecting moms who can benefit from support.

### What It Takes

\$523,931= Annual budget



**100% - Unmet Need**  
*Filled by individual donations as well as contributions from foundations and grants*

#### Major Funders

- St. David's Foundation

### Where Your Investment Goes

\$1,612 = Average cost to serve one client through Any Baby Can counseling

Our program costs cover a **six-person service team** and associated administrative costs. This year, we aim to serve **325 children and parents** who receive Any Baby Can services.

**Charitable donations help us close the gap between funding sources and families' needs.**

### How You Can Help

- Make a one-time donation
- Become an Angel Society Member by making a three-year pledge
- Become a foundation partner to help fund us through grants
- Donate to the Any Baby Can Wish List
- Volunteer