

We're helping parents
and communities
grow kids that thrive.

The First 5 Neighborhoods for Learning

Because the first
five years impact
a lifetime.



First 5 Neighborhoods for Learning (NfLs) Help Children and Families Thrive.

**NfL Resources are free
or sliding scale and may include:**

- Preparing for Baby
- Parent & Infant/Toddler Classes
- Preschool Programs
- Developmental Check-ups
- Early Dental Care & Education
- Health Insurance Access
- Parent Support & Education
- Resource & Referral Services

A Caring Community

The first 5 years impact a lifetime. In fact, 90% of a child's brain growth occurs by age five, laying the building blocks for future learning. We invite you to connect with your local NfL and its high-quality, affordable resources that help expectant parents, young children and families thrive. Programs and classes are designed by and for each community, and they all share First 5's focus on early learning, health and family strengthening resources—close to home.

You can contact your nearest NfL directly
or **call 211** to connect with
local family resources.

Conejo Valley NfL
(805) 494-8100

**Moorpark/
Simi Valley NfL**
(805) 552-1944

Oak Park NfL
(818) 707-7742

Ocean View NfL
(805) 488-5277

Ojai Valley NfL
(805) 640-4300, x1062

Oxnard NfL
(805) 385-1501, x2321

Pleasant Valley NfL
(805) 388-0369

**Port Hueneme/
So. Oxnard NfL**
(805) 271-4688

Rio NfL
(805) 981-2892

**Santa Clara
Valley NfL**
(805) 933-9800

Ventura NfL
(805) 641-5000, x1032