

Website Links:

- **Child Care**
 - **Child Development Resources:** www.childdevelopmentresources.org
 - CDR is the referral agency that is contracted by the State to provide free referrals and resources to parents in Ventura County. CDR administers Head Start countywide and the subsidized voucher program.
 - **Child Care Aware:** www.childcareaware.org
 - Child Care Aware is a national website with resources to learn about high quality child care.

- **Elder Care**
 - **Ventura County Area Agency on Aging:**
<http://portal.countyofventura.org/portal/page/portal/VCAA>
 - Information on case management, senior nutrition, HICAP and more.
 - **Elder Care:** www.venturacountyeldercare.com
 - Resource guide for services in Ventura County
 - **Alzheimer's Association** - Central CA Chapter: www.alz.org/cacentralcoast
 - Information, resources and links related to Alzheimer's disease.

- **Breastfeeding Support**
 - **Breastfeeding Coalition of Ventura County:** www.breastfeedventura.org
 - Online breastfeeding directory and other helpful information.
 - **Women's Health:** www.womenshealth.gov/breastfeeding/going-back-to-work
 - **Breastfeeding for Working Mothers:** www.workandpump.com
 - **Best for Babes:** www.bestforbabes.org

- **Parenting & Family Support**
 - **Child Development Institute, Parenting Today:** www.childdevelopmentinfo.com
 - Info and tools for parents to understand their unique child/children.
 - **Khan Academy:** www.khanacademy.com
 - Learn almost anything for free! Instructional videos on Math, Science, Computer Science, Finance & Economics, Humanities, Test Prep.
 - **Baby Zone:** www.babyzone.com
 - Info on pregnancy, infants, toddlers and preschoolers
 - **Tween Parent:** www.tweenparent.com
 - Your parenting source for the Preteen Years
 - **Parenting Teens:** www.parentingteens.com
 - Articles on Teen Health, Education, Troubled Teens, Teen Drug Abuse, Tips for Parenting Teens and other teen issues.