



**SLO County Help Me Grow** is a county-wide system that supports children and their families by providing free developmental screenings and linkages with community services to promote healthy growth and development for all children from birth to age five. Help Me Grow brings together families, pediatricians, early care and education, and human service providers to ensure that San Luis Obispo County's children reach their optimal potential.

## **AUGUST'S HERO**

Flora Bolivar,  
*Pregnancy & Parenting Support of San Luis Obispo County*

**Flora Bolivar is a Champion for Children, making sure that pregnant and new moms feel seen, heard and supported during often overwhelming and vulnerable times.**

For more than 25 years, Flora Bolivar has worked in the non-profit sector, bestowing her gifts as a bilingual/bicultural advocate and provider. She has spent the last 7+ years wearing many hats at Pregnancy & Parenting Support of San Luis Obispo County (PPSSLO): Office Manager, Family Advocate, and Caring Voice of the PPD (Post-Partum Depression) and PMAD (Perinatal Mood and Anxiety Disorder) "Warmline." Flora plays a pivotal role in creating a warm and welcoming environment that sets the tone for a loving culture and continuity of care at PPS which focuses on the wellbeing of clients.

Flora's expertise and understanding come from personal experience, as she herself accessed PPS' services when 6 months pregnant with her daughter Ashley. Flora recalls feeling scared and fighting the stigma of being a young, single, Latina parent whose partner was absent. She says asking for help was difficult, but she knew she needed it, and found it at PPS (then called ALPHA). Staff listened to Flora's struggles, encouraged her as a mother, provided her with diapers, clothing, and equipment, and lined her up with child care so that she could return to work and provide for her family. The level of compassion Flora received really stuck with her and shaped her desire to pay it forward.

Colleagues emphasize that Flora's background gives her the unique ability to be relatable and connect with clients in a meaningful way. She normalizes delicate topics related to birth and postpartum recovery, allowing families to feel safe and comfortable to open up and ask for what they need.

Flora tells the story of helping a young, pregnant mom who was experiencing homelessness and using drugs. Flora encouraged the mom to go to Drug & Alcohol Classes and engage in healthy relationships. The two developed a loving bond; mom eventually regained custody of her baby (now three) and is housed, employed, sober, thriving and even donating items back to PPS to be regifted to other families in need. It's just one heartwarming example of how Flora's full-circle calling has benefited an entire community!

**Thank you, Flora.  
You are a true Hands-On Hero.**