FRCS SERVE FAMILIES

Home Visitation
in-home nurturing parenting workshops, which helps improve bonding, parent-child relationships, and child behavior. Connects families with community resources, health education, and information.

Crisis Intervention
Families receive information, referrals, and other resources to address their immediate crisis.

Parenting Workshops
Workshops designed to strengthen families are available at the Birth & Beyond Family Resource Centers, and other convenient locations in the community, in multiple languages.

- Nurturing Parenting Program
  Parents learn about child development, empathy, discipline, and empowerment. 
  Approved for Court Mandated Parent Education.

- Make Parenting A Pleasure
  Parents learn effective parenting skills, how to manage stress and positive discipline. Approved for Court Mandated Parent Education

- DARE To Be You
  Parents learn how to teach their children to feel better about themselves, communicate, be responsible and make decisions.

- Playcare
  Playcare is provided, by trained individuals, to families during the workshops at the FRC so parents can focus fully on participating in the activities.

- Child Health & Safety Workshops
  - Car Seat Classes and
  - Safe Sleep Baby Information & Classes

Additional Services:
- After School Activities/Classes
- Anger Management
- Community Events
- Domestic Violence Services
- Employment Centers
- Fitness Classes
- Health Clinics
- Medical and Dental Referrals including Medi-Cal Services
- Mommy/Daddy and Me
- Parent Leadership
- School Readiness Services
- Self-Defense Classes
- Transportation