

# CUYAMA VALLEY FAMILY RESOURCE CENTER

## Mission Statement

***To enhance the physical, mental and social wellbeing of all people in the Cuyama Valley; and to improve access to resources for families in need.***

### Services:

- Case Management
- Home Visitation
- Community Development
- Linkages and Referrals
- Parent Education & Leadership Classes
- Family Gatherings
- Developmental Screenings for Young Children
- School Readiness Program
- Mobile Food Pantry
- CalFresh Enrollment
- Annual Health Fair
- Assistance with Health Insurance Enrollment
- Senior Services

### Partners:

- Blue Sky Community Gardens
- Catholic Charities
- Child Abuse Listening and Mediation
- Community Action Commission
- Head Start
- Community Health Clinic
- Cuyama Unified School District
- Cuyama Valley Parks and Recreation
- First 5 Santa Barbara County
- Food-bank of Santa Barbara County
- United States Marine Corps-Toys for Tots

### CONTACT:

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### Success Story:

Cuyama Valley is a remote community that depends on community partnerships to adequately meet the needs of its residents. The Family Resource Center is a hub of community activity, providing essential services for individuals and families in need.

A true measure of success is seeing a family move from crisis to stability and community leadership. One such success story involves a mother with four children, ages two to ten years old. This mother came into the Family Resource Center to get help with basic needs. She had been diagnosed with postpartum depression (PPD) and was receiving counseling through her private insurance. Trips to see the counselor required her to travel one hour each way and the visits were expensive – she was having a hard time managing her family's needs. After meeting with the FRC Coordinator, she was connected to the food pantry and referred to parenting classes provided by one of the community partners, Child Abuse Listening and Mediation. When she shared her PPD diagnosis, this counselor was also able to work with her one-on-one. Her motivation to support her young children led her to enroll in the home-based School Readiness Program, and she signed up for the Leadership Class that her husband had completed two years earlier. Together, they attended the Parent Institute for Quality Education (PIQE) for school-aged children and they subsequently enrolled in PIQE for children 0-5. Both parents continue to be leaders in the Parent Club at their local school. This mother has also become a leader at the Family Resource Center. She volunteers her time to support other families and was recently asked to participate in an interview with a funder, advocating for resources that would maintain accessibility to needed services for families. She was able to skillfully articulate the benefits of the resource center and the difference it is making for people in the Cuyama Valley.

