



LA HABRA
FAMILY RESOURCE
CENTER



Programs & Services

- Family Advocacy & Case Management
- Domestic Violence Services for Victims
- Legal Advice, Assistance and Education
- Counseling (Individual, Family, Group and Online Therapy)
- Differential Response Program (Family Advocacy and In-home Family Services)
- Support Groups
- Parent Education Classes
- Information & Referral Services
- SMART Moves Program for pre-teens and teens
- Supporting Father Involvement Program
- Support for Relative Caregivers
- Health Access Promotion Program
 - * Families with children 0-3 years of age
 - * Health access for pregnant women and teens
- Medi-cal and CalFresh Eligibility Worker
- Community Events
- Resident Leadership Group – La Habra Action Council

Contact:

La Habra Family Resource Center

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Mission:

To “empower people to better health. We do this by providing a complete, family-centered support system, working with community resources that can address the health, emotional, social, and academic needs of children and their families.”

Success Story:

“Teresa came to the Family Resource Center (FRC) in search of lifestyle changes for herself and her family. She needed assistance in many areas including health insurance linkages, emergency services and counseling. Teresa worked with a case manager at the center who first helped her find affordable health insurance for her two teenage sons, one of whom had special needs and needed unique accommodations in school. Teresa was also linked to an appropriate medical home in her neighborhood for ongoing care.

Teresa admitted to her case manager that she suffered from depression because of an unhealthy marriage. She felt trapped in a downward spiral that she could not pull herself out of without help. Immigration issues and lack of basic needs, coupled with marital discord at home, left Teresa feeling hopeless and helpless. At the center, she began attending counseling sessions and, along with continued assistance from her case manager on her immigration and basic needs challenges, Teresa was able to create and stick to a plan to improve her circumstances. Teresa’s goal was to empower herself thereby enhancing her self-worth.

As a result of this drastic change in Teresa, her oldest son began working to improve his life. He volunteered at the center as well as at a local church, finding ways to keep his life busy and enriched. His involvement in positive volunteer activities in the community makes the likelihood that he will join a gang significantly lower than when the family first came to the center for assistance.

Teresa has reached a higher level of self-sufficiency thanks to the services she has received and continues to receive from the center. As she says, “I was not living before, I was just busy. Now I feel alive.” She chose to join the Community Action Council (CAC) in order to give back to the community that gave so much to her and, in turn, her family.

Teresa has flourished in her role with the Community Action Council exhibiting great leadership skills. The difference in her life and the lives of those in her family is remarkable and would not have been possible if she had not had the courage to take the first step through the doors of the Family Resource Center.”