



South Orange County Family Resource Center



Programs & Services

Parenting Education

Classes and workshops on parenting issues such as:

- Positive practical parenting
- Sibling rivalry
- Single/co-parenting
- Personal empowerment classes
- Warmline (parenting advice information)

Parent/Child Interactive Programs

Low cost programs are available for parents to learn with their young children a fun way to enhance the parent-child bond.

Support Groups

Share your experiences with other parents.

- Mommy Matters (Newborns to 16 months)
- Foster and Kinship Care

Information and Resources

Youth Programs-Interactive Classes

- Anger management for school aged children/teens
- Social skills for children
- Self-esteem group
- Parent-child relationship building

Healthcare Education and Access

Services are offered at the center or in your home for families needing application assistance for Health Families or Medi-Cal health insurance. Learn to use your health plan and to access medical care for your child.

Mental Health Support

Brief individual, couples and family counseling is offered in English and Spanish.

Mission:

The Mission of the SOCFRC is to provide education, support and resources to enhance the process of family growth through the development of skills that promote health, self-sufficiency, increase quality of life and foster a sense of community.



"I always feel that as new issues arise, I can call the Center for advice. Two of my friends have called, gotten advice, and feel the same way I do."

"I want to let you know how helpful the Family Resource Center has been to my little daughter and I. We have attended various Mommy and Me classes since she was born, and to the present time, now as a kindergarten student. Everyone is supportive and available to answer questions and concerns. The center has made a valued and appreciated difference for our family. Thank you."



The South Orange County Family Resource Center (SOCFRC) was established in 1996 to serve as a resource for parents. Our programs cover the parenting experience from prenatal through teenage years. Our staff assists families with education, support and resources, which help families grow and become strong.

SOCFRC can help you find answers such as:

- Discipline strategies that work
- Finding community resources for childcare, recreation, and youth programs
- When to start potty training
- Coping with your teen's behavior
- Finding services for your child with special needs

SOCFRC is a collaborative effort between some of the most notable not-for-profit organizations in Orange County.

Partner Agencies:

Children's Bureau of Southern California

Human Options

Mission Hospital Regional Medical Center

The Raise Foundation

Contact:

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