



Southern Humboldt Family Resource Center

Programs & Services

- * **First Five Playgroups:** Sites include Shelter Cove, Miranda, Ettersburg, Casterlin, and Redway.
- * **Toy Lending Library:** Toys for ages 0-7 available to be signed out for home use. Toys may be signed out for up to one month. Available for pick up Mondays and Tuesdays or by appointment.
- * **Parent Class and Support Group:** Meets on Tuesday mornings from 12:30 pm - 2:00 pm.
- * **Assistance with Basic Needs:** Emergency food, clothing, help with transportation, other supplies.
- * **On-site Medical Services:** Redwoods Rural Health Center staff and visiting pediatricians provide care during monthly clinics.
- * **On-site Professional Counseling:** Licensed therapists serve students, parents, and families.
- * **Community Dinners:** Nutrition education events are held at all sites.
- * **Use of FRC Facility:** Community groups can reserve meeting space.
- * **Family Partnership Council:** Local agencies and representatives from local schools meet monthly with parent representatives.
- * **Student Support Groups:** Support groups for students addressing grief, anger management, self-esteem and other areas.
- * **Weekend Food:** Distribution for eligible families.
- * **StepUP for Youth Jobs:** Work readiness training and on-the-job placements for youth.
- * **Family Support Workers:** at District school sites can help connect families to a wide range of family support services.

Contact

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Mission Statement

The mission of the Southern Humboldt Family Resource Center is to connect all community members to resources and services by supporting education and lifelong learning; strengthening relationships between our schools, families and communities; nurturing efforts of community members to reach their fullest potential and well being; providing opportunities to participate in safe and enriching community life and promoting respect for diversity.

Vision

Southern Humboldt families, neighborhoods and communities are self-reliant, safe, happy and healthy. The Southern Humboldt Family Resource Center is a welcoming place for people of all ages to gather.

Success Story

A mother that we have been working with for a couple of years is taking a big step to a new job. She has had some challenges working in the past. She's attended the FRC parenting workshop for a couple of years and FRC staff have supported her through challenges she's had with the father of her son. When CWS was concerned about her daughter, this Mom came to the SHFRC for support because she did not know what to do. We were able to help her through the process and explain what was expected. This Mom had not been working for quite some time and we encouraged her to find a job that she would like. She has been on CalWorks and has found a training position at a local business. We discussed the options of going back to school and also possibly moving away for a more stable living situation. But she has not wanted to move from this area because she has family members close by. The afterschool program will be able to help her with childcare and the FRC's weekend food program for kids will supplement her entry level wage.