

# Anaheim/Fullerton Family Resource Center

The mission of the Anaheim/Fullerton Family Resource Center is to provide a program designed to bring service access and delivery to families and neighborhoods with an emphasis on prevention and early intervention. The goal is the integration of providers within the community to meet the needs of the people while ensuring community participation and leadership.

## Programs/ Services:

- > Case Management
- > Parenting Education
- > Counseling (Individual, Group, Family)
- > Domestic Violence Intervention
- > Adoptive Family Support Services
- > Foster Family & Relative Caregiver Support Services
- > Information & Referral
- > Adult Literacy & ESL
- > Community Engagement Workshops
- > PC.FRC Health Access Services for Children (0-5)

### Client Success Story: "Parental Resilience"

"Maria and her 16-year-old daughter, Sheri, came to the Family Resource Center (FRC) in desperate need of help. Seeking counseling, Maria explained that both she and Sheri were experiencing fear and anxiety, leading them to feel hopeless and overwhelmed by the circumstances of their lives. Maria was a victim of domestic violence and left her husband when her daughter was very young. Being a single mother was difficult enough, and in addition, Maria worked full-time to support her family. Sheri felt extremely protective of her mother because of her fragile emotional state and felt pressure to guard her from other sources of stress. In turn, Sheri took much of the stress upon herself and was suffering in silence in fear of upsetting her mother.

They decided to seek counseling from the FRC and deal with their difficult past for the first time. Feelings of trauma and stories of violence came pouring out after so many years of having been suppressed. It was the first step in the healing process. While in counseling, Sheri revealed that her stress over protecting her mother had begun to affect her school work. She could not concentrate and her grades had been steadily falling until she was eventually transferred to a continuation school. Her future seemed bleak and she expressed that she felt hopeless and unable to make plans for the future because of the circumstances of her current situation.

While in treatment, Maria was able to gain positive coping skills which allowed her to take a more active mothering role and eased the feelings of responsibility under which her daughter had been struggling. As each session closed, Maria seemed more hopeful and able to manage her stress. She was emotionally stronger and was able to begin instilling hope back into her impressionable teenage daughter. For the first time they began living in the present and making plans for the future. Sheri obtained a computer and raised her grades, enabling her to re-enter her previous school. She worked hard, and with her mother by her side, eventually graduated from high school. Maria is so proud to see her daughter attending a local community college and working a part-time job. Although the journey was long and difficult, this family got back on track and now mother and daughter have the courage and strength to deal with life's future challenges."

*Counseling Program  
Anaheim/Fullerton Family Resource Center*

*Source: Family Resource Center Outcome Highlights, Orange County, CA. Retrieved*

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