## MY COMMUNITY CARES

My Community Cares strengthens families by sparking community engagement, connecting families, and providing individual family support.

#### **PARENT CAFES**

Parent Cafes are great opportunities for parents/caregivers to come together to share their experiences and hear from others that may be going through something similar. We cover 5 Protective Factors that we all need in order to strengthen our families.

#### **CONNECT COORDINATION**

Connect Coordinators complete and review needs assessments with parents and assists with making referrals to programs, services and resources that meet the needs of the family. Connect Coordinators maintain contact with parents to support them with beginning referred services and collaborate with programs, services and resources to ensure parents are receiving the recommended and needed support.



# SOLUTION BASED CASE MANAGEMENT

Solution Based Case Management aims to keep families safe and together by building partnerships with families and communities, addressing safety concerns, linking families to additional supports, programs, services and resources, developing individualized action plans with parents to address their parenting concerns and increase safety within the home, and celebrating success with families. Solution Based Case Managers provide case management services in-home to parents and are flexible with scheduling meetings with parents as frequently as needed.

## **OUR MISSION & VISION**

Our Mission is to promote opportunities, which enhance the self-sufficiency of people to empower them to live and function independently. Our Vision is to create a seamless system of care for people that builds healthier communities.

# **CONTACT US**

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# FAMILY RESOURCE CENTER





# PARENT GROUPS

#### NURTURING PARENTING

Nurturing Parenting is a 16 week program that focuses on building strengths within parents by spotlighting cultural traditions, decision making, growth and development, bonding and connection, communication, emotional regulation, discipline, and structure and routine. Parents are provided with parenting education and tools to assist them on their parenting journey. Parents receive a certificate of completion at the end of the Nurturing Parenting Program.



#### PARTNER IN PARENTING

Partner in Parenting is an eight week program that focuses on building effective skills within parents by spotlighting child development, communication, discipline and self-care. Parents are provided with a place to explore different parenting strategies that meet the needs of their children. Parents receive a certificate of completion at the end of the Partners in Parenting Program.

# FAMILY SKILLS BUILDING PROGRAM

#### **PARENT NAVIGATION**

Parent Navigators provide support to parents to address their individual needs with targeted, specific interventions that focus on building their protective factors.

Parent Navigators attend parent groups with parents and assist them with the implementation of the education and skills learned within group sessions. Parent navigators are in-home with parents to support them with making the adjustments to skills to better fit their family and home.

Skills that Parent Navigators work on with parents are child development, building a support system, grief and loss, emotional regulation and anger management, household management, discipline, career development and self-care.

Family Skills Building Program typically provides services to parents from two to five months.





## KINSHIP NAVIGATION

Kinship Navigators provide support to kinship caregivers who are providing full-time care to children other than their own. Kinship caregivers may be relatives, grandparents and other fictive kin serving as caregivers to children whose parents are unable to do so. The goal is to provide support to caregivers to meet the needs of the relative children in their care, maintain connections and prevent entry into the foster care system. This program aims to keep children's family identity, lessen separation and loss, supports family preservation, keep children with family that they know and trust, supports community and culture. This program offers concrete funds to assist with meeting the needs of the relative children in the home with kinship caregivers.