

Come visit us
anytime at
2946 Red Fox Run,
Portage
(behind Pick 'n Save North).

Family Resource Center

Hours:

Monday, Wednesday, Thursday

8:00 to 5:30

Tuesday 8:00 - 8:00

Friday 8:00 - 12:00

2nd Saturday of month

by appointment only

Interested in receiving
our newsletter?
Give us a call today!
(608) 742-8482

What Is The Family Resource Center?

The Family Resource Center is a place where **ALL** families can come to have fun, learn and grow. Many different programs and activities are provided through the Family Resource Center. All services are **FREE** and are provided in a warm friendly environment. Staff are available to answer questions or provide resources to help families with many of the issues we all face raising children.

- ♥ Car Seat Checks
- ♥ Lending Library
- ♥ Family Foundations
- ♥ 0-3 Family Visiting
- ♥ 3-5 Home Visiting Program
- ♥ Workshops
- ♥ Support Groups
- ♥ Play Groups
- ♥ Field Trips
- ♥ Family Activities
- ♥ Mobile Library
- ♥ Warmline
- ♥ One-To-One Support
- ♥ Resource & Referral
- ♥ Infant Massage



Family Resource Center

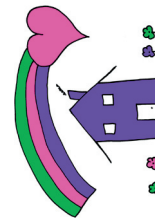
*Free, fun activities
for all families with
young children!*

1-800-325-5505

(608) 742-8482

fax: (608) 742-3136

Family Resource Center



Lending Library

♥ The library is packed with books, videos, cassettes, and magazines for you to borrow. On-site and internet resources cover all areas of family life, including preparing for a baby, single parenting, and parenting adolescents. Families may also choose to borrow from our toy lending library which features a variety of toys, puzzles, games, and books.

Workshops

♥ These workshops focus on family life issues from discipline and toilet learning to stress management and learning through play. Local experts facilitate these exciting and informative workshops regularly at the Center and throughout Columbia County. On site child care provided with advanced registration.

Warmline

♥ A toll-free telephone line is available to talk with staff about individual parenting concerns. Call 1-800-325-5505 or in Portage call 742-8482.

One-To-One Support

♥ Staff will offer information, answer questions, work on specific issues with parents who have individual concerns. Call the Family Resource Center to schedule an appointment.

0-3 Family Visiting

♥ The Family Visiting program is available to any family from pregnancy through the child's third year. Visits focus on supporting new parents, understanding your child's development, establishing healthy and positive routines, the use of discipline for each stage of development, and taking care of yourself as an adult and a parent. Our Family Resource Advocates will arrange visits that meet your needs. We have a number of games, videos, and books available to help you build a strong family.

3-5 Home Visiting Program

♥ The Home Visiting Program is provided through Head Start. Head Start is a federally funded program for income eligible families with children ages 3-5. Families enrolled in Head Start receive weekly home visits focusing on child and family development issues.

Parenting Support Groups

♥ The Family Resource Center is available for all parents to establish and participate in support groups. Call the Family Resource Center for details on existing support groups or how you can establish one.

Family Foundations

♥ This is a fun, supportive program on the joys and challenges of parenting children ages 0-5. What are the values and routines that make a family strong? How can I talk so my kids will listen more, and listen so they'll talk more? What can I do to keep my children safe and develop to their full potential? How should I handle challenging behavior? Oh yeah, can I still take care of myself and be a great parent? You are the expert of your family . . . but these are some of the important questions you can explore by joining this group!

Mobile Library

♥ Our Center travels to various Columbia County communities giving you the opportunity to learn about our Center, ask questions, sign up for upcoming events or simply return a library item without driving to Portage. Give us a call today to find out our next Mobile Library destination.

Play Group

♥ Weekly play groups for all families with children ages birth to five provide a nurturing time for parents and children to share art experiences, story time, singing, and free play. Call the Family Resource Center for times and days.

Infant Massage

♥ The Family Resource Center offers Infant Massage Techniques. Clinical research shows that loving, nurturing touch has a lasting positive impact on baby's emotional, physical and cognitive development. Classes are offered as a mini-series. This is a great opportunity to build and strengthen family bonds of love and trust. Call the Family Resource Center for upcoming class information.

Child Passenger Safety

♥ An estimated 85% of children who are placed in child safety seats and booster seats are improperly restrained. Protect your child! Have your child passenger safety seat checked out by a Certified Child Passenger Safety Technician. It is free! Give the FRC a call to make an appointment.



Children's Trust Fund

Grant supported program



United Way