

Southern Humboldt Family Resource Center

We are located behind the Redway School gym, near Whitmore Avenue.

344 Humboldt Avenue
P.O. Box 369
Redway, CA 95660
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FRC STAFF

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For More Information:

Stop by the FRC or call us at 923-1147.
We're open Monday through Friday, 8:30
a.m. until 4:00 p.m.

The FRC is sometimes closed during
school breaks, so please call.

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A MEMBER OF:
HEALTHY START SCHOOLS AND COMMUNITIES PARTNERSHIP

Southern Humboldt Family Resource Center



*Serving community members
ages 0 to 100!*

*Supporting healthy and happy
families, neighborhoods, and
communities.*

What is a Family Resource Center?

The Southern Humboldt Family Resource Center is a place where all Southern Humboldt students, their families, and community members can get information and help.

Because all students and parents need help at some time but not everyone needs the same type of support, we offer a wide range of programs to serve the needs of our community.

Our goal is to have strong, healthy children and teens living in strong, healthy families. To do that, we work with many agencies to bring community services to our center and school campuses.

Like other family resource centers, our programs are open to change, and we are responsive to the needs of participants and the community. Parents, sponsoring agencies, staff members, and the community are involved in program design, delivery and evaluation.

We encourage you to volunteer. Be an activity leader for an afterschool program; join a school site council; or participate in parenting classes, playgroups or workshops.

What happens at the Family Resource Center and how can you help me?

The following services and programs are available through the Southern Humboldt Family Resource Center.

First Five Playgroups: Sites include Shelter Cove, Miranda, Ettersburg, Casterlin, and Redway.

Parent Workshop and Support Group: Meets on Tuesday mornings from 10 a.m. until 12 noon.

Assistance with Basic Needs: Emergency food, clothing, help with transportation and 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, dependent on need.

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.

What can I expect when I call or visit the Family Resource Center?

You can expect to talk to someone who is:

- Friendly and caring
- Willing to listen to you
- Able to help connect you to services
- Confidential and respectful

The Southern Humboldt Family Resource Center is a program of the Southern Humboldt Unified School District and a member of the Humboldt Healthy Start Schools and Communities Partnership. We are supported by grants, fundraising, and donations from community members like you. We would like to thank all those who support us, with special acknowledgments to:

First Five Humboldt

RCAA /AmeriCorps AFACTR Program

Humboldt County Department of Health and Human Services

Public and Private Foundations

Individual Donations

Garberville-Redway Rotary Club