

Wisconsin's Family Resource Centers





Every family has strengths
**that make
them unique**

And every family can build upon and grow those strengths. Strong, resilient families thrive together—and can help teach and inspire other families to do the same. Luckily, there are places across Wisconsin where families come together to do just that.

Connect, learn, and grow together at a Family Resource Center

Your local Family Resource Center (FRC) is a safe, welcoming space that provides families with fun, educational programs, activities, and other valuable services. Their understanding and knowledgeable staff know a lot about children and how they develop. At an FRC, you can find the tools and resources to keep your family strong and healthy as your children grow and change.

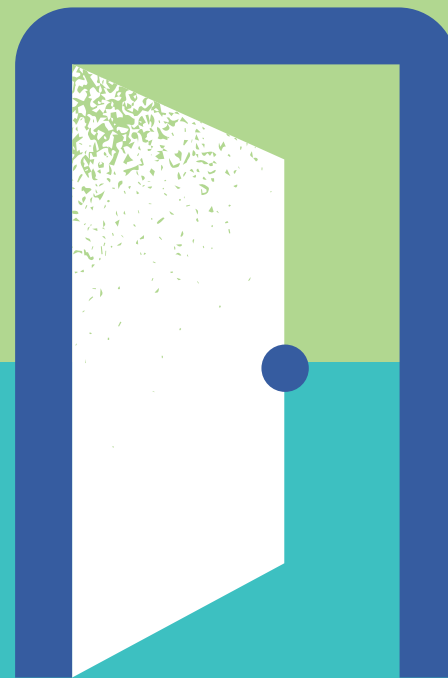
Find out how FRC's provide services and opportunities that help strengthen families like yours!





Strong families help everyone

When you build your family's strength, you help everyone grow stronger—kids, families, and communities! Strong families have a positive effect on the way kids learn and grow. Having strong, supportive friendships and lots of resources helps parents and children care for one another, too. Plus, communities that foster family strength can help everyone thrive. They're ready to help people meet their own practical, social, and emotional needs. A Family Resource Center provides families and communities with these opportunities.



FRCs make every family welcome

At Family Resource Centers, there's no one definition of "family." Here, any adult who provides care to a child can find ways to connect, learn, and have fun. Inclusive activities and services are available for children from birth to toddler to teen. You'll also find connections and support for singles, co-parenting couples, same-sex parents, multigenerational families, foster families, and more.

Ready to build your 5 Strengths?

All families have strengths. FRCs focus on 5 specific strengths that are proven to help every family be better prepared for life's challenges. All of the resources that FRCs offer enable families to grow these strengths within their daily lives and relationships:

- 1. Feelings matter**
- 2. Thoughtful parenting**
- 3. Strong connections**
- 4. Inner strength**
- 5. Practical help**



There's more to know and lots of ways to grow. Learn more about the Five Strengths today at:

FiveforFamilies.org

What do you get from an FRC?

Every Family Resource Center is different. The services they provide are as diverse as the families and communities they serve. But they all share the same purpose: helping families grow stronger. Many FRCs provide the following:

Family Activities

- Parent-child playgroups
- Open or free play spaces
- Classes and workshops
- Family fun events
- Opportunities to get to know other families

Information and Resources

- Help monitoring child development
- Access to free baby supplies
- Toy and activity lending libraries
- One-on-one services
- Connection to community resources





Get involved!
It's easy.

FRCs want every family to thrive, so they make it easy to access their services. Want to take part in the resources and activities available at your local FRC? It only takes a few simple steps to get involved:

Step 1

Find an FRC near you at FiveforFamilies.org

Step 2

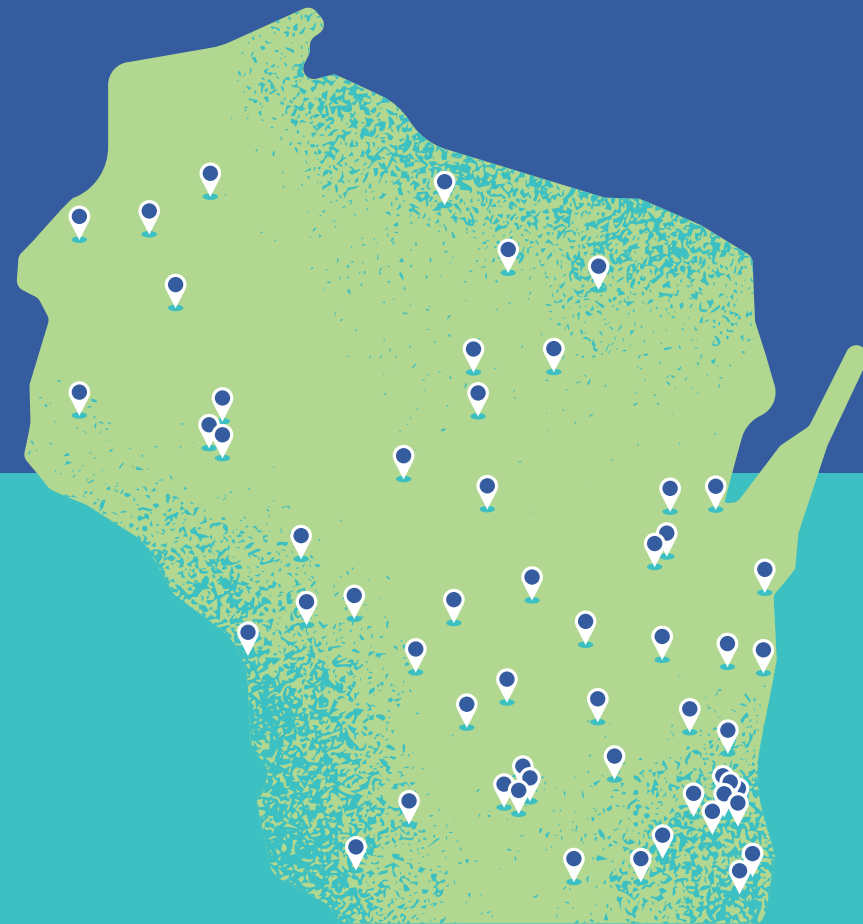
Contact your FRC to learn about their unique services and activities

Step 3

Try it out! Drop by so your child can play and you can connect with other parents

Step 4

Help make your FRC better! Think about your family's interests and needs, and ask for the activities and resources you want to see



Find an FRC

There are dozens of welcoming, helpful FRCs throughout Wisconsin. Don't have one in your community? That's okay! Many FRCs offer virtual and/or regional programs and events.

Contact the closest FRC to learn more.



Build a community of strength at your Family Resource Center

At an FRC, you'll find more than opportunities to build strength. You'll find a community—and lots of room to grow. FRCs recognize every family's unique strengths, experiences, knowledge, and abilities. Families and staff work together toward shared goals and learn from each other—and that truly builds a community of strength.

Your community's
FRC is only missing
one thing: You.

Learn more about Family Resource Centers and all the ways you can build on your family's strengths at:

FiveforFamilies.org

