

family  **resources**

Prevention Programs

Prevention Programs

At Family Resources all of our programming seeks to build family functioning, resiliency and strength. Our programs and services are based upon best practices, are relationship-based, respectful of differences and provide an environment that fosters child well-being.

First Steps

Family Resources' First Steps Program provides assistance from Prevention Specialists who understand the needs of raising a child in today's society. We work with parents to develop new skills that will improve nurturing and attachment, assist parents with understanding and tracking their child's social and physical development, help connect the family to needed community resources, and support the parent in providing a successful, safe environment for the family.

HOW IT WORKS...

The First Steps Program offers support to parents through monthly visits that can occur in the home or a location comfortable for the family. The Prevention Specialist helps the family recognize their strengths and empowers the parent to address the needs of their family and their own needs as a parent.

TYPICAL DISCUSSION TOPICS INCLUDE:

- Providing personal and emotional support for the parent
- Identifying resources and assisting with referrals to services that will benefit the family
- Assisting parents with development of stress management techniques
- Increasing knowledge of parenting skills to enhance the parent/child bond
- Administering developmental screens for children and providing information on age appropriate expectations and behaviors
- Increasing self-awareness and acceptance of family roles
- Identifying alternatives to harsh punishment
- Developing healthy boundaries

ELIGIBILITY

- Families with pregnant women
- Families with children up to age five
- Resident of Allegheny County
- The family is willing to participate in services
- Free of charge, no insurance requirements

Reach Out to Families

With a focus on parent education Family Resources Reach Out to Families Program works with parents to develop new skills that will improve nurturing and attachment, reduce parent-child conflict and family discord, help connect the family to community resources, and offer tools that enable the family to create a safe space where the family can grow and build healthy relationships.

HOW IT WORKS...

The Reach Out to Families Program offers support to parents through monthly visits that can occur in the home or a location comfortable for the family. Through a collaborative approach, the Prevention Specialist and family work together to identify the family's strengths and set goals that address both the family's and parent's needs.

TYPICAL DISCUSSION TOPICS INCLUDE:

- Providing personal and emotional support for the parent
- Identifying resources and assisting with referrals to services that will benefit the family
- Assisting parent with development of stress management techniques
- Increasing knowledge of parenting skills to enhance the parent/child bond
- Providing information on age appropriate expectations and behaviors
- Increasing self-awareness and acceptance of family roles
- Identifying alternatives to harsh punishment
- Developing healthy boundaries

ELIGIBILITY

- Families with pregnant women
- Families with children up to the age of eighteen
- Resident of Allegheny County
- The family is willing to participate in services
- Free of charge, no insurance requirements

FOR MORE INFORMATION OR TO MAKE A REFERRAL CONTACT FAMILY RESOURCES ADMISSIONS DEPARTMENT AT 412.363.1702 AND PRESS "2"

Learn more about Family Resources services:

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