



# Family Support and Connections

---

## FS&C



# What is Family Support & Connections

Services designed to reduce stress and strengthen families:

- Understanding of child development and parenting
- Access to goods and services
- Ability to effectively manage challenges in life
- Connection to informal and formal social supports
- Quality time and bonding between parent and child
- Capacity to foster nurturing interactions between caregivers and children

**What is Family Support and Connections?**  
Families don't come with instruction manuals. Simple things can feel stressful, and all families could use a little help from time to time. **Family Support and Connections** is a free voluntary program to help reduce that stress and lend the support your family may want.

**How does it work?**  
A **Family Advocate** from a local community-based organization will meet you at a time and place that works for you. A **Family Advocate** will meet with you to discuss your family's experiences, strengths, and challenges to offer services matched with your needs.

**Family Support and Connections** can support families who:

- Have at least one child under the age of 18 in the household
- Have lower-incomes
- Are not enrolled in active Child Welfare services

**Family Advocates support families with:**

- Access to food, clothing, diapers, baby items, and furniture
- Connection to healthcare, substance dependency and mental health treatment and resources
- Connection to housing resources
- Support to help children be successful at school
- Family and relationship health, safety, and well-being resources
- Parenting support, parenting education, childcare, and family activities
- Support with budgeting, meal planning, and household organization
- Connection to employment and education assistance
- Other supports such as self-care and recreation, life skills, legal support, volunteer opportunities, healthy lifestyle activities and more!

**Here is what**

**Family Support and Connections**  
can do for you

DHS 237

[Program Informational Video](#)

# FS&C Contracted Community Based Organizations



Catholic Community Services



LIFEWORXNW



# Why FS&C?



My child has special needs

I feel very overwhelmed and alone as a parent

I'm a new parent

My family is struggling financially and could use help with resources and guidance

My child's behaviors are really challenging

I'm a single parent of three young children and have no support system

# FS&C Goals





# Access to FS&C Services

↩ Español

## Support for families

Being a parent can sometimes be stressful, and all families can use a little help from time to time. Family Support and Connections offers free, voluntary services to help reduce that stress. You can choose what support you want for your family. A Family Advocate from your community will help you get services that meet your needs.

 Request services

 Program brochure

 Contact us



<https://www.oregon.gov/odhs/children-youth/pages/family-support.aspx>



# What Participants Say They Like Best About FS&C

“Helpful to have someone listen, hold space during a really stressful time. Services really helped me gain stability bringing household goods and supports.”

“Level of support I received from this program is mind blowing. Felt like I was meeting with a friend not an agency.”

“Receiving support, having someone to talk to, not feeling alone.”

“Advocate was a motivator, friend, resource person, counselor, and clearly explained resources and honest about how they could help or not.”

“Liked the support, not feeling alone. I'm a single mom with no family, so only support are resources given to me. It felt nice to not feel alone. Knowledge was so helpful.”

“Very Kindhearted Staff. Never Judge's the client's or there back History.”



# FS&C Central Team

[Fsc.policy@odhsoha.Oregon.gov](mailto:Fsc.policy@odhsoha.Oregon.gov)



- Tina Gorin, Lead FS&C Coordinator
- Tony Scott, FS&C Coordinator