



Is anyone in your family:

- *Feeling isolated or stressed?*
- *Facing financial hardship?*
- *Concerned about the social or emotional development of a child?*

New Hampshire Family Resources Centers (FRCs) can help.

FRCs offer free, voluntary services and connections to resources that meet the unique needs of families no matter their composition.

Services are confidential, community-based, and easy to access through the FRC nearest you.



**FAMILY
SUPPORT
NEW HAMPSHIRE**

Family Support New Hampshire acts to bring together the diverse leadership from existing and newly forming family resource centers and family support programs within New Hampshire under the common vision of establishing a statewide network of family support practice within New Hampshire.

www.fsnh.org



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FAMILY RESOURCE CENTERS

Providing family support, parenting programs, child development screening, and information and referral to community resources that help families thrive.





“TLC family resource center has really helped me and my family! They have provided information about services in our community when I needed it most. Resource centers bring families and communities together.”

About FRCs

What is a Family Resource Center (FRC)?

Family Resource Centers help families and their members find solutions to unique challenges, strengthening connections to one another and the community, empowering each family to be successful and resilient.

What does a Family Resource Center do?

FRCs provide family supports, parenting programs and groups, home visiting, child development screening, and information and referral to community resources that help families thrive.

Programs offered are strengths-based, embracing each individual's and family's existing strengths in search of practical solutions.

Working with both children and caregivers in a two-generational approach gives the entire household the tools it needs to be the most effective and successful family it can be.

For more information regarding available services, please contact the FRC nearest you directly. Contact information for the FRC nearest you can be found www.fsnh.org

Services Provided by NH Family Resource Centers

- Parenting classes
- Parent-child playgroups
- Support groups
- Home visiting
- Educational workshops
- Family events and activities
- Resource Navigation
- Fuel assistance
- Tax prep and other financial services
- Guidance with benefits and eligibility
- Connection to other resources

Get in Touch!

Check out www.fsnh.org to find the FRC nearest you and the available services.

You can also use 211 NH to find the resources nearest you. Simply dial 2-1-1 from any phone in NH to speak with a Referral Specialist.

Family Resource Center Locations

