

Is your child:

- Having serious problems at home?
- Frequently absent, or having serious problems at school?
- Running away from home, or being exploited?

Family Resource Centers (FRCs) can help.

FRC services are voluntary, confidential, community-based, and tailored to meet your family's needs.

FRC services are convenient, with some programs available during evenings and weekends.



Family Resource Centers

Offering parenting programs, support groups, assessment services, and information and referral resources.





Family Resource Centers

www.frcma.org

FRC-EN 11/26

What is a Family Resource Center (FRC)?

Family Resource Centers (FRCs) help families and individuals resolve challenges, strengthen their bonds, connect to others, and engage in their communities. FRCs are located in each of the 14 Massachusetts counties.

What does the Family Resource Center do?

FRCs offer parenting programs, support groups, information and referral resources, assessment services, early childhood services and education programs for families whose children range in age from birth to 18 years old.

FRCs also have specific services for families with children who may be frequently absent or have serious problems at school, have serious problems at home, have run away from home, or are being exploited.

FRCs work with parents, children, teens, grandparents, guardians, caregivers, or any other family member or member of the community who may be involved with the family.

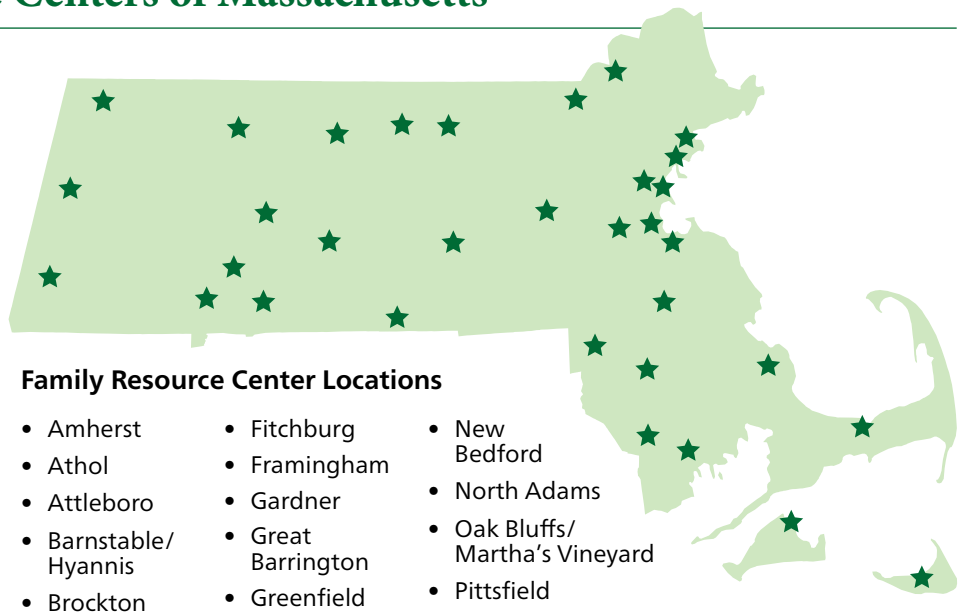
FRC staff will assess the needs of the family members, recommend FRC services, and help with access to other community services if needed.

For more information regarding services available at a particular FRC, please contact the FRC directly. Contact information for FRCs can be found at www.frcma.org

Family Resource Centers of Massachusetts

Services provided by Family Resource Centers

- Parenting skills workshops
- Self-help groups
- Grandparents groups
- Financial workshops
- Stress management workshops
- Education programs
- Family events and activities
- Playgroups and youth programs
- Arts, cultural, and sports events
- Help with accessing other services



Family Resource Center Locations

- Amherst
- Athol
- Attleboro
- Barnstable/ Hyannis
- Brockton
- Chelsea
- Dorchester/ Mattapan
- Everett
- Fall River
- Fitchburg
- Framingham
- Gardner
- Great Barrington
- Greenfield
- Holyoke
- Lawrence
- Lowell
- Lynn
- Nantucket
- New Bedford
- North Adams
- Oak Bluffs/ Martha's Vineyard
- Pittsfield
- Plymouth
- Quincy
- Roxbury
- Salem
- Southbridge
- Springfield
- Taunton
- Ware
- Westfield
- Worcester

How to contact an FRC

Call or visit your preferred FRC at the number or address listed on the **www.frcma.org** website.

You may also use **Mass211** to receive information and referral to an FRC or a wide range of other services. Mass211 can be contacted by dialing "211" from any phone in Massachusetts 24 hours per day, seven days per week. Translation services are available in over 140 languages if needed.

For more information regarding services available at a particular FRC, please contact the FRC directly.

Massachusetts 2-1-1 Get Connected. Get Answers.

Visit our website to find a local Family Resource Center at www.frcma.org

