

How it works.

Sometimes finding and getting help from family programs, educational, and government services can be frustrating and difficult. Working with The Family Resource Center can make getting help as easy as 1-2-3.

- 1. SPEAK WITH A SYSTEM NAVIGATOR** about the problems your family is facing.
- 2. THE NAVIGATOR WILL** tell you what programs and services can help, and how to contact them.
- 3. CONTACT THE PROGRAMS** have your Navigator contact them for you and get on track to getting the support you want.

All of our Navigator services are **FREE of charge!**
We also keep all information private.

Being a **great parent** isn't about having all the answer, it's about getting support and resources when your **family needs it.**

If your ready to have a healthier and happier family, give us a call today. There's no pressure to follow through with any of our recommendations, and our services are free.



A program of
CENTER FOR CHILDREN, INC.

6100 Radio Station Road, P.O. Box 2924
La Plata, MD. 20646

489 Main Street, Suite 202
Prince Frederick, MD. 20678

41900 Fenwick Road, Suite 1
Leonardtown, MD. 20650

For more information or to volunteer your services, please call
(301) 609-9887
Or visit our website at
www.center-for-children.org



Come see us!

Family Resource Center
6100 Radio Station Rd.
P.O. Box 2924
La Plata, MD. 20646

Contact us!
(301) 374-6696

*We celebrate the experiences of
all the lives we touch and are
honored to work with those
always seeking to grow, change,
and get stronger!*

Being a parent is the most
**demanding
& rewarding**
job you will ever have.

Yet, there isn't a manual available to give you instructions when you have questions or need help.

But now, there is one place you can turn to for the support you need to raise healthy and successful children.

We are your System and Family Navigators. Just like a good family friend, we can help you find the resources you need, and our navigator services are free of charge.

DISCOVER
how to **NAVIGATE**
in order to
ADVOCATE!

Who we help.

Our System and Family Navigators work with families in Charles County. The resources and programs we have available help children, teenagers, parents and the entire family.

If you've ever asked yourself one of these questions, then we have resources to help you.

Are you worried that your child is depressed, hyperactive or struggles with mental health?

Are you looking for affordable, family-friendly activities in your community?

Do you think your child is using drugs or alcohol?

Is your child doing poorly in school and needs more assistance?

Are you concerned for your child's health?

Has your child's behavior become unmanageable and stressful for the family?

Are you worried that your teenager might get in trouble and have to go to court?

Do you want to learn about free and affordable services available to help your family become healthier?

These are just a few of the questions families in our community have received answers to by working with us.

What we do.

- We help families in the community navigate through difficult times to become healthier and happier. Our System and Family Navigator work closely with you to understand your personal needs.
- We recommend services offered by government or non-profit agencies to address your individual needs.
- We continue to assist families even after service or programs are recommended to ensure you have the support needed.
- We connect families with resources for help with mental health services, insurance needs, energy assistance, tutoring, childcare, and more.

Our goal is to serve as your advocate!

