



Don't Know Where To Turn?

Turn to the

Family Resource Center

All Services Provided FREE!

What Kind of Help?

- Connection to community resources and support
- Parenting assistance in a family-friendly, relaxing environment
- Support from trained parent staff who have experienced the sometimes confusing systems of childrens ' mental health care
- A lending library focused on family and relationship needs, life coping skills and local services
- Free Internet access and assistance with your search for answers

Where And When?

Second Floor , Tuesdays & Thursdays 4pm-8pm

No Appointment Necessary. Free Childcare Available.

You do NOT need to be a Family Service client.

FAMILY SERVICE & COMMUNITY MENTAL HEALTH CENTER



"Helping People Help Themselves Since 1959"

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