



Family Resource Center Initiative

Diem is a mother of two children under the age of five. She first came to the FRC in search of a workshop for her children and started participating in our Music and Movement, Zumbini and Raising the Reader workshops. Her story is included here:



“After the COVID-19 pandemic, my four-year old son who used to love school kept refusing to go to school or any classroom setup. Every Friday morning it would take me a while to convince him to go to class with his younger sister (1.5 year old). And even when he did come into the class, he would not participate in circle time and instead would play with toys or hide himself in the cabinets. I was a little bit upset about his behavior and wondered if it was right to force him to attend. However, today I was driving with him, and he was singing the Alphabet song and the Flying Like a Butterfly song which Ms. Quinnie usually plays. I was so surprised and overwhelmed with joy. He did pay attention and learn in his own way after all. I am so grateful for Ms. Quinnie, Ms. Tram, and Ms. Vanessa for this wonderful class and for giving us a chance to once again be reminded to never underestimate a child’s ability or to give up on them. For that my family and I are very much appreciative. Many thanks! Both of my kids loved art time and the books they got to take home every week. Previously, I read to them 3-4 days a week but now they want a bedtime story every day and 4-5 books a night. It’s a great idea to lend books to motivate parents to read more to the kids and develop book lovers in them.” — Mother

Educare Family Resource Center

During the pandemic, the FRC participant wasn't allowed to come to the Educare FRC due to CDC regulations and for her, the FRC is her second home. She was used to being at the center for most of the day. The FRC participant went into a minor depression state and felt isolated, depressed, and needed to go back to her normal routine.

After a couple of weeks without any programming for community members, the Educare FRC started working on virtual events, including parenting workshops, enrichment classes, events, and training. The FRC participant was able to get a Chromebook from the San Jose Public Library, which allowed her to actively participate in most of the training and events provided by the FRC team. The FRC participant also helped outreach for many events and became a member of the CAC meetings, and supported the reinstatement of the Gen 2 Gen program. In a short period of time after the FRC participant started helping at the FRC again, her depression symptoms decreased and her mental health improved.

"The center is my home. When I can't come to visit, I feel like I can't breathe. My happiness depends on me being with my community. The FRC gives a purpose to my life."



Housing Navigation

A mother of two children and her husband had been struggling financially and owed six months of rent because the husband was impacted by COVID-19 and could not work enough hours to pay rent. After receiving a referral from her friend, the mother reached out to the Housing Navigation program and based on her situation was able to qualify for financial services through Homeless Prevention Services (HPS).

The Family Support Specialist (FSS) completed a housing assessment and the mother scored enough to be entered into the HPS lottery system and was approved to receive financial assistance. As a result, the mother was referred to Sacred Heart for multiple months of assistance and received \$14,000 to pay her unpaid rent. In addition, the mother was referred to the San Miguel FRC for ASQ assessments for her two children as well as for the diaper program and family services. As a result, the mother has been receiving diapers and wipes every month for her baby.

The FSS worked with the mother to improve her income by sharing affordable housing resources, and employment resources. The mother is now more financially relieved and is working with her husband on ways to be financially stable by following their stability plan. The mother is looking for a night job and the family also has a spare room in their apartment which they are looking to rent out which will help ease their financial burdens.

"The help that the FSS provided me has been incredible. [I received a lot of] help from the community workers and agencies from FSS, to Sacred Heart and FIRST 5. I appreciate everything you guys did and still do for our family."



ICAN Family Resource Center

In August 2019, a mother with a toddler son and a new baby on the way found ICAN services through a flyer at the library. Her role as a wife and daughter-in-law, coupled with the responsibilities of managing a multi-generational household, raising a toddler, and not meeting her own needs led her to feel lonely, depressed, and isolated at home. She was also worried that her son was slow to talk and did not know where to go for help. She was very responsive to his needs, but also very rushed for time, which resulted in her doing things for him rather than letting him do things for himself. The built-up frustration led to a breakdown in communication between her and her husband. Upon starting services with ICAN, she brought her son to the Family Resource Center every week, attending family engagement, children activities and open play as well as the various parenting workshops offered by ICAN to learn more about child and brain development during the first 5 years. She attended SEEDS and was engaged with staff in getting the ASQ completed for her son. The results of the ASQ showed that her son was in the gray area in speech, not severe enough to refer out so staff worked with the mother and child to remedy the situation. The mother learned to allow herself and her child more time and not rushing all the time. As a result, her son showed that he enjoyed talking and playing with other kids and adults at the center, especially when his mother waited patiently and encouraged him to talk. He is also more able to express his needs and feelings.

With the support of her case manager, the mother was successful in re-establishing communication with her husband. She even convinced her husband to attend one of the early childhood education classes at ICAN, and he was hooked, fascinated by the knowledge about child development and the opportunities to help his toddler and the soon-to-be-born child to reach their full potential. The mother feels much less isolated, more emotionally resilient and more socially connected and supported. She knows that she can always come to ICAN staff for questions and assistance. The mother and her husband are anxiously awaiting the second child's arrival, with the vision of helping to make that child reach its fullest potential.

"Thanks to ICAN Family Resource Center in general and ICAN's women support group in particular, I have learned to be resilient and can better communicate with my husband now. I feel so much happier and much more supported now that my husband understands and appreciates my struggles as a stay-at-home mom. Go ICAN! "





San Miguel Family Resource Center

Carmela is a 30-year-old mom who participated and volunteered at the San Miguel Family Resource Center (FRC). Carmela was invited to the FRC by one of her neighbors, who was also a participating family.

Carmela had a three month old baby at the time, and was looking for enrichment classes to help her and the baby socialize with other families. Carmela participated in all of the parenting workshops. She also attended Art Enrichment and Story Time trainings provided by the FRC staff. Not only was Carmela an active participant at the San Miguel FRC, she has been an active volunteer and FEAC member since September of 2018.

Carmela said the FRC has impacted her in very positive ways: it brought her out of isolation and connected her to the community. She said that the parenting workshops have helped her to become a better parent as well as a community leader.

"At the beginning of my FRC journey, I was very shy and short of words. I didn't want to share during the parenting workshops or read out loud when asked. I would always come with my neighbor, we would both bring our kids together. If she didn't come, I wouldn't either. As the time passed and the more I come to the parenting classes, I became more involved. I became more comfortable sharing some of my knowledge. I wanted to be a community leader so I decided to become a volunteer. My baby has learned to crawl and walk here at the FRC and I look forward to continuing my journey."

Bridge Library Services

Sarah, a new mom and her 2 children, attended a story time. She said she had seen the flyer at the elementary school and "wanted to see what it was all about." Other participating families had been coming to story time for quite some time, so this new mom did not know anyone. She brought her children to story time only, but did not stay for the FRC training that the other moms attended after the story time. Her daughter was very quiet at first; she wouldn't leave her mother's side, sing any songs, or participate in any of the music and movement activities. However, the family kept coming, and by the third story time, the 3 year-old knew all the songs and would happily sing them. She liked being up front and helped turn the pages of the book. She knew the music and movement activities and helped other children who did not know what to do. Her younger brother couldn't talk, but she made sure she repeated the story or songs to him.

"I was worried about my daughter being so quiet, but now I see her talking and singing and it brings me great joy. Thank you for this story time at Chavez FRC. I have made new friends and my daughter and son love it!"

