

WHAT HELPS FAMILIES THRIVE?



Every family faces challenges but they also have strengths that they can draw upon during difficult times. Research shows that positive childhood experiences and strong protective factors are key to happy, healthy children. When these 5 Protective Factors are well established, families thrive.

Knowledge of Parenting and Child Development

Children go through many stages of development. Informed parents are more likely to have realistic expectations, provide appropriate guidance, and build a positive relationship with their children.

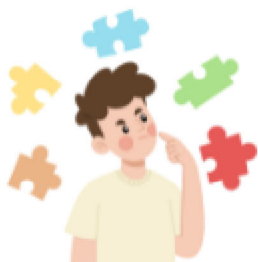


Concrete Support

All families need help sometimes. Whether it's asking family, friends or a community organization, knowing where to go for supports and services reduces stress and makes families stronger.

Social Connections

Having a social network of emotionally supportive friends and family makes it easier to care for your children and yourself. Connecting with friends builds a support system!



Parental Resilience

Resilience is being able to solve problems creatively, manage stress, and demonstrate coping skills during tough times. All parents have strengths and resources that can serve as a foundation for building their resilience.

Social and Emotional Competence of Children

A child's ability to communicate clearly, recognize and regulate emotions, and establish healthy relationship is critical to their overall well-being. Parents who model these skills help build healthy social-emotional behaviors.



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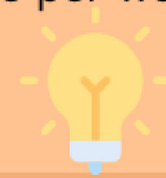
The Ohio County Family Resource Network provides opportunities for families to strengthen protective factors, learn about available resources, engages professionals in continuing education, and collaborates to assess gaps and service and increase accessibility of services to families. Trainings include LEAN on Me WV, ACEs 101,102,103, Bridges Out of Poverty, Mandated Reporting, Be an Askable Parent, and Narcan Administration. Programs include our Ohio County Family Support Center, Food Security Team, Partners in Prevention Team and numerous other collaborative efforts focused on helping families thrive.

Knowledge of Parenting and Child Development

Tuning into Teens - 6 week program for parents of teenagers, 2 hrs, once per week

24/7 Dad - 6 week program for fathers, 2 hrs, once per week

Darkness to Light, Stewards of Children trainings



Concrete Support

Resource Guide for Ohio County Families and Video Resource Library

Blessings Boxes, Mobile Food Pantries, and monthly food pantry calendars.

Emergency assistance for participants with our Family Support Center.

Resource and referral services



Social Connections

Monthly Circle of Parents group

Monthly Family events and other social opportunities



Parental Resilience

Circle of Parents and Parenting workshops

Skill building opportunities



Social and Emotional Competence of Children

Sparkling Success after school program at Elm Grove Elementary

Girls on the Run program at Bridge Street Middle School

Circle of Parents Children's Program

