

Get Connected to Support

To connect with a **Family Support and Connections** Advocate you, a support person, or an organization you may be working with, can submit an **FS&C** referral through:

- The **Family Support and Connections** webpage at: <https://www.oregon.gov/dhs/assistance/pages/fsc.aspx>
- Directly with **Family Support and Connections Providers**, a list of providers by county can be found at: <https://www.oregon.gov/dhs/Offices/Pages/index.aspx>
- A local **ODHS Office**, or ask a case manager or family coach to refer you.

211 info:

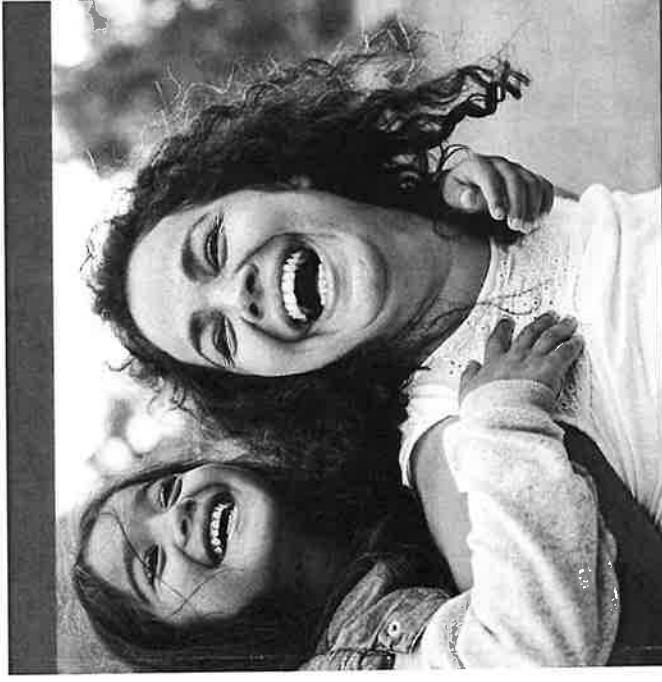
DIAL 211 toll free; text your ZIP code to **898211** or email help@211info.org



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Family Support and Connections



Community Connection and Support
to Strengthen Families

You can get this document in other languages, large print, braille or a format you prefer. Contact Family Support and Connections at 503-945-5600 or email FSC.Policy@odhsoha.oregon.gov. We accept all relay calls or you can dial 711.



What is Family Support and Connections?

Families don't come with instruction manuals. Simple things can feel stressful, and all families could use a little help from time to time. **Family Support and Connections** is a free voluntary program to help reduce that stress and lend the support your family may want.

How does it work?

A **Family Advocate** from a local community-based organization will meet you at a time and place that works for you. A **Family Advocate** will meet with you to discuss your family's experiences, strengths, and challenges to offer services matched with your needs.

Family Support and Connections can support families who:

- Have at least one child under the age of 18 in the household
- Have lower-incomes
- Are not enrolled in active Child Welfare services

Family Advocates support families with:

- Access to food, clothing, diapers, baby items, and furniture
- Connection to healthcare, substance dependency and mental health treatment and resources
- Connection to housing resources
- Support to help children be successful at school
- Family and relationship health, safety, and well-being resources
- Parenting support, parenting education, childcare, and family activities
- Support with budgeting, meal planning, and household organization
- Connection to employment and education assistance
- Other supports such as self-care and recreation, life skills, legal support, volunteer opportunities, healthy lifestyle activities and more!



Here is what



Family Support and Connections can do for you