

How to request help

Contact your local Self-Sufficiency Programs office. There are two ways you can find the office nearest you:

- www.oregon.gov/dhs
- Contact 211 Info: **DIAL 211** toll free; text your ZIP code to **898211** or email: help@211info.org



This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, call 503-945-5944.

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Family Support and Connections



Connecting parents to community resources to strengthen families



What is Family Support and Connections?

Family Support and Connections services are designed to strengthen families and support effective parenting. The program provides services to increase parenting skills.

How does it work?

Family Support and Connections is available to families receiving Temporary Assistance for Needy Families (TANF).

You or your case manager can request services.

A family advocate will then arrange to meet wherever you feel comfortable: home, work or another place. The advocate will help identify your family's strengths and needs to find solutions that work for you and your children.

These are parenting skills your advocate can help with:

- Good parenting behaviors make sure a child's basic need for safety, health, learning and socialization are met. Warm, responsive parenting leads to secure attachment and bonding with your children.
- Parents understand and use effective and nurturing child behavior techniques that fit your child's age and development.
- Your family is able to accept, share, solve and manage problems, especially in times of crisis.
- Your family has a support network of safe friends, families and neighbors.
- Parents are able to get household items such as cleaning supplies, diapers or bus passes to get to parenting classes.

Here is what Family Support and Connections can do for you



- Family Support and Connections provides a helping hand with the challenges of being a parent.
- Caring and respectful staff members work with you to develop your own plan to overcome challenges and strengthen your family.
- Staff members will help you find and use resources to get your family stabilized.

