

## 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](mailto:help@211info.org)



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](mailto:FSC.Policy@odhsoha.oregon.gov). We accept all relay calls or you can dial 711.

DHS 0237 (Rev.11/2022)

# Family Support and Connections



**Community Connection and Support  
to Strengthen Families**



## 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 with 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

