



The Exchange Club

Family Resource Center

706 - 290 - 0764

referrals@frcrome.org

www.frcrome.org



3,000

HOURS

of home visitation service provided each year.

45

FAMILIES

work with us each month to create safe, stable and nurturing homes.

250

NEW MOTHERS

are provided with resources each year through our First Steps program.

WHO WE ARE

Since 1991, the FRC has supported families in Floyd & Polk Counties through our various programs, all designed to help parents strengthen skills, find encouragement, and build confident, connected families. We invite you to share our information with your families using the stats and graphics provided in this toolkit.

SAMPLE SOCIAL MEDIA POST:

The Exchange Club **Family Resource Center**

Our Free Parent Aide Program
provides weekly home visits to families & regular check-ins for up to a year.

- Parenting Education** Child development & behavior management
- Advocacy** Creating healthy communication to meet families' needs
- Life Skills** Stress management, budgeting & job preparation
- Referrals** Connecting families to other local services
- Ongoing Support** Encouraging contact with families between visits

Suggested caption: Spotlighting a local service that is 100% free to caregivers in our community. The Family Resource Center provides in-home education and support to Floyd and Polk County families, empowering them to create safe, stable and nurturing homes so that their children can grow and thrive. Support comes from caring and trained professionals and is tailored to fit each family's needs. Learn more at frcrome.org or follow this link to get in touch: <https://forms.office.com/r/o6WALVE5DD>

SAMPLE SOCIAL MEDIA POST: FIRST STEPS

Suggested caption: Today we're sharing the Family Resource Center's First Steps Program. First Steps is a free service designed to identify individual caregivers' needs and provide local resources to help with the caregiving journey.

Interested in connecting with First Steps? Follow the link to fill out a simple form and begin making community connections today!

<https://forms.office.com/r/06WALVE5DD>



First Steps helps new parents to

- **Find a doctor - Connect with local healthcare providers**
- **Get baby essentials - Books, diapers & supplies may be available**
- **Keep baby safe - Resources for babyproofing, car seats & more**



SAMPLE SOCIAL MEDIA POST: LANTERN

Suggested caption: The Family Resource Center provides services for all types of caregivers. Sometimes even a simple encouraging message or reminder makes all the difference. Sign up for Lantern, free texts that offer support by sharing trusted information from pregnancy through preteen. Get informed, encouraged & connected locally, brightening the caregiving journey.

Family Resource Center First Steps Interest Form



Please share the QR code with caregivers of children up to age 5 and encourage them to contact us using this easy 3-question form.

Additionally, you can download our referral form at <https://tinyurl.com/3axp6nc9> and send it to referrals@frcrome.org.