



Kern County Family Resource Centers (FRC)

Family First!

Bakersfield FRC

Richardson Child Development Resource Center
1515 Feliz Dr.
661.336.5411

Services for families with youth with disabilities and/or special needs.

South East Neighborhood Partnership Family Resource Center
815 Dr. Martin Luther King Jr. Blvd.
661.322.3276

Greenfield Family Resource Center
5400 Monitor St.
661.837.3720

Kern County Network for Children Dream Center
1801 19th St.
661.636.4488

H.E.A.R.T.S Connection Family Resource Center
4500 California Ave.
661.328.9055

Services for families with youth with disabilities and/or special needs.

North of the River Neighborhood Place Community Learning
401 Willow Drive
661.392.2000

Rosamond

Parent and Community Center
2800 Rosamond Blvd.
(Between Rare Earth High School and RHECC)
(661) 256-5000 Ext. 1215

Lamont FRC

Lamont Weedpatch Family Resource Center
7915 Burgundy Ave.
661.845.2724

Taft FRC

West Side Outreach & Learning Center
500 Cascade Place, STE C
661.763.4246

Shafter FRC

Shafter Healthy Start Family Resource Center
300 N. Valley St.
661.746.8690

Arvin FRC

Arvin Family Resource Center
300 Franklin St.
661.854.6525

Delano FRC

Delano Community Connection Center
1842 Norwalk St.
661.721.7036

Buttonwillow FRC

Buttonwillow Community Resource Center
42600 Highway 58
661.764.9405

Ridgecrest FRC

Oasis Family Resource Center
814 N. Norma St.
760.248.3221

Lost Hills

Lost Hills Family Resource Center
14823 Office Lane
661.797.3042

Lake Isabella FRC

Kern River Valley Family Resource Center
6048 Lake Isabella Blvd., STE A
760.379.2556 Ext. 907

Mojave FRC

East Kern Family Resource Center
16804 Highway 14, STE C
661.824.4118

Frazier Park FRC

Mountain Communities Family Resource Center
3015 Mt Pinos Way, #201
661.245.4303

McFarland FRC

McFarland Family Resource Center
410 East Perkins Ave.
661.792.1883

Contact a FRC Near You!

Resource Centers are ONE STOP shop for families & community members needing any of the following services:

- Case Management- development milestones for children 0-5
- Court Mandated Classes- parenting
- School Readiness
- VITA- free tax preparation
- Transportation Assistance
- Support Groups
- Utilities Assistance
- Water assistance
- Emergency food
- DMV vouchers
- Baby supplies
- Summer Bridge
- Foster Youth Services
- Local Resource Referrals
- AND MORE!

**Why
Are
Resource
Centers
Important?**

Resource Centers Help Build Protective Factors!

What are Protective Factors?

Protective factors help families succeed and thrive, even in the face of risks and challenges. There are many ways that you can build on your own family's strengths and offer support to other families when they need it.

The Five Protective Factors: Resource and Tips



Parental Resilience

Resilience is managing stress and functioning well, even when things are difficult.

Being Resilient as a Parent Means:

- Taking care of yourself and asking for help when you need it.
- Planning for the future and what you will do in challenging situations.
- Taking time to enjoy your child and what you like about parenting.

Parental Resilience Tips:

- What Activities help you feel less stressed? Create a list of stress-buster activities to have on hand when times get tough.
- Write down all the things you love doing with your child and think of ways to build those activities into your day.



Social Connections

It's easier to handle parenting challenges when positive relationships with family, friends, and neighbors are consistent.

How to Build a Strong Social Support System:

- Join a local community group. There are also many virtual community groups on platforms such as Facebook.
- Reach out to and make plans with parents who have children the same age as yours.

Social Connection Tips:

- Join a local community group.
- Reach out to and make plans with parents who have children the same age as yours.

For More Information Visit:

www.kcdhs.org/resources/community-resources



KernCountyDHS



Kern County Human
Services Bakersfield



Heartbeat of
Human Services



Knowledge of Parenting and Child Development

By Learning what children need in order to thrive, you can provide them the best start in life.

Increasing Knowledge of Parenting and Child Development Helps You:

- Know what to expect as your child grows and how you can best help them thrive.
- Respond in a positive way when your child misbehaves.
- Use new skills to help your child be happy and healthy.

Parenting and Child Development Tune-Ups:

- Make a list of your parenting strengths to remind yourself of what you do well.
- Write down at least one thing you want to learn about parenting and consider who might help you learn it.



Concrete Support in Times of Need

Knowing where to get help in times of need can make things a lot easier.

As a Parent, it is Important that You:

- Know what help is available (like where you can obtain food, housing, clothing, and help paying for utilities).
- Have access to the things you need to keep your family safe and healthy.
- Advocate for your family.

Concrete Support Tips:

- Learn about what sources of support are available in your community.

FRC's Are a Great Tool!

Information on the front page.



Social and Emotional Competence of Children

Helping children develop social-emotional competence teaches them to manage emotions and build healthy relationships.

To Help your Child Develop these Skills:

- Respond to your child with warmth and consistency.
- Teach your child to use words to express how he or she feels.
- Allow your child to express his or her emotions safely.

Social and Emotional Competence of Children

Tune-Ups:

- Look for opportunities to praise your child for making the right choices and for showing friendly behaviors, such as sharing a favorite toy.
- Create a regular family check-in routine to talk about the day.