

## Resilient Children & Families



### Family Development

Resilience is defined as the “ability to thrive, adapt and cope despite tough and stressful times.” Pro Action’s Family Enrichment programs help adults build specific capabilities for resilience while promoting strong family relationships and healthy child development. Programs emphasize the **Five Protective Factors** that set the stage for healthy children and strong families (see back.)

Family Resource Centers (FRCs) offer a variety of activities, workshops, forums and events that provide opportunities for adults to increase their skills and knowledge while building social connections. In addition, FRCs offer opportunities for developmental screenings, play, socialization and literacy-building opportunities for young children attending with their parents or caregivers. Plus, family advocates partner with families in the home setting to build on their strengths, set goals, and take steps to reach them.

***Mission: Pro Action works to build a community of resilient individuals and families who can meet their basic needs, overcome adversity, and prosper.***

### Services

- Three Family Resource Centers in Addison, Bath, and Hornell
- Parenting workshops and roundtables offered throughout the county
- Child development screenings
- Home visiting support to identify goals and draw on strengths to achieve them
- Information and resources for parents

## Resilient Children & Families

### Caring Communities, Resilient People!

*Pro Action knows  
that resilience  
arises in part from  
the knowledge that  
support is there  
when we need it.  
Knowledge and  
coping skills  
complete the picture.*

*Call one of our  
programs today  
to start building  
your bounce!*

### Locations

#### Bath Area Family Resource Center

Vernon E. Wightman Primary School  
216 Maple Heights, Bath, NY 14810; 776-4123 x5650

#### Jennie Mose Family Resource Center

14 South Street, Addison, NY 14801; 607-359-3839

#### Hornell Area Family Resource Center

*We serve families and children birth to 5 and students from  
Kindergarten - 12th grade.*

Hornell Intermediate School, Rm. 112  
71 Buffalo St., Hornell, NY 14843; 607-324-1304 x1741

#### Home Visiting Office

117 E. Steuben St., Bath, NY 14810; 607-776-2125 x149

### You Need To Know...

Family Enrichment programs and services emphasize the **Five Protective Factors** that set the stage for healthy children and strong families:

- Parental Resilience
- Social Connections
- Knowledge of Parenting & Child Development
- Concrete Support in Times of Need
- Social & Emotional Competence of Children

*These assets can be thought of as five dots, and we help connect these dots for local families.*

### About Pro Action of Steuben & Yates, Inc.

*Programs in the Resilient Children and Families area use a two-generation approach to set the stage for child and family success. Children's programs cultivate settings that foster growth and learning, while family programs support families as they set goals, discover and use their personal strengths, and build resilience.*

*Pro Action is rooted in the spirit of hope; our integrated family of services optimizes resources while assisting participants with comprehensive support for their personal advancement.*

