



Health Happens with Strong Families

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Health is about more than just doctor visits and diets; it's about living in an environment where each person can achieve their full potential. Personal choices are very important, but they're only part of the equation. The people and places around us also play a key role in shaping our health.

One of the biggest factors shaping a child's health is their family environment. When families have adequate resources and support, each family member has a better chance to succeed. But when families struggle just to meet their basic needs or deal with the challenges of parenthood, it's harder to stay healthy--harder to afford healthy options like fresh foods and quality healthcare, and harder to avoid certain health risks like chronic stress.

Family Resource Centers

Family Resource Centers (FRCs) know that every family has strengths and talents, and every family faces challenges. But by increasing certain kinds of family strengths, we can protect against risk factors and promote better outcomes for children, youth, and families.

FRCs can help families develop the skills and support systems they need to deal with all kinds of life challenges and ensure children grow up healthy, happy, and safe. From this strong foundation, families will have an easier time practicing healthy, nurturing behaviors, and a better chance of avoiding health risks—like poverty, violence, and unemployment.

Strong Families, Healthy Communities

Strong families are the foundation of healthy communities. When families have the tools and resources they need to thrive, they can become better parents, neighbors, and citizens, working together improve the places where they live, work, and play.

We have the power to give every child in California the chance to live a longer, healthier life. Because health doesn't only happen in a doctor's office, health happens here—with strong families.

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California Family
Resource Association
Strong Families. Strong Communities.

