



South Orange County Family Resource Center (SOCFRC)

was established in 1996 to serve as a resource for parents.

The Mission of the SOCFRC is to provide education, support, and resources to enhance the process of family growth through the development of skills that promote health, self-sufficiency, increase quality of life and foster a sense of community.

SOCFRC is a collaborative effort between some of the most notable not-for-profit organizations in Orange County including:

- Children's Bureau of Southern California
- Human Options
- Mission Hospital
- The Raise Foundation

SOCFRC classes are FREE unless otherwise noted. Counseling is based on a sliding scale.

Parenting Support

- Parenting Classes
- Anger Management for Parents
- Mommy Matters – Newborns to 4 years
- Foster and Kinship Care

Family Advocacy

A short-term program for families with children 0-18 years that supports, empowers and strengthens families by providing information, resources and education on accessing community resources and services. These services are available for biological, foster and relative caregivers.

Information and Resource Services

Our Information and Resource Specialist provides clients with up to date resources for food banks, emergency shelters, childcare, emergency assistance and much more. We also offer a Parenting Resource Library where parents can check out books at no cost.

Personal Empowerment Program

A ten week psycho-educational program for victims of domestic violence or intimate partner abuse. Topics include setting boundaries, effective communication, the effects of domestic violence on children, safety planning, warning signs of abuse, and definitions of abuse.

Financial Counseling

Free financial counseling available at the SOCFRC offered by Consumer Credit Counseling of OC (CCCOC). Please call 1-866-880-2227 to make an appointment. CCCOC also offers multiple workshops in English and Spanish.

Healthcare Education and Access

Services are offered at the Center or in your home for pregnant women or families with children ages 0-3 years needing application assistance for Healthy Families or Medi-Cal health insurance. Learn to use your health plan and to access medical care for your child.

- Nutrition Classes for Parents and Children
- General Health Topics
- Breastfeeding Education
- Kid Builders Classes

Mental Health Services

Brief individual, couples and family counseling is offered in English and Spanish. Our mental health providers are available to schools and community groups for educational presentations. The SOCFRC offers a series of six Life Skills classes to adults focusing on:

- Self-Esteem
- Anger Management
- Communication
- Depression
- Healthy Relationships (2 classes)

Other support and therapy groups are offered throughout the year. Please contact the Center for details.

Community Outreach

For more information or to arrange an educational presentation, call (949) 364-0500. To get a complete listing of the programs and classes offered, visit our website at www.SOCFRC.org or join our mailing list.