

Family Resource Center

The Family Resource Center (FRC) in Dodgeville brings together community resources to support Iowa County families. The FRC offers parent support groups, workshops and classes throughout the year. It also offers programs for new parents, play groups for toddlers and preschoolers, family activity events, and a children's library. The FRC provides program speakers and on-site parenting classes for community organizations.

ELIGIBILITY

Is My Family Eligible? The FRC is open to everyone free of charge.

BENEFITS

What Benefits Does FRC Offer My Family? You and your family can choose to participate in any of the following:

- **Parent Support Groups, Workshops and Classes.** These are offered throughout the year to provide developmental information to parents. Through shared experiences, ideas, issues and needs, parents receive support in a comfortable, homelike environment. Discussion topics include: Improving Communication Within the Family; Developing Positive Parenting Skills; Reducing Stress; Finding Time for Yourself; Divorce Issues, and more. Childcare is provided.
- **Community Connection Line.** A confidential call line is available for parenting information, questions or concerns. You can call 608-935-7300 Monday through Friday, 9:00 a.m. to 3:00 p.m., or leave a message on the FRC answering machine, and your call will be returned.
- **Play Groups for Infants, Toddlers and Preschoolers.** The FRC offers age-appropriate playtime, snacks and activities. The kids have fun, and parents enjoy meeting other parents. Please call for details.
- **Family Activity Events.** Throughout the year, FRC plans events that include dinner and an activity the whole family will enjoy.
- **Lending Library.** The free lending library offers toys, books, videos, games, tapes and other equipment for families with children of all ages.

PARTICIPATION

For more information, call the Family Resource Center of Iowa County, Inc. at 608-935-7300, e-mail the Center at FRC@mhtc.net or stop in at the Center, 115 West Merrimac St, Dodgeville, WI 53533.

