



40 YEARS OF HELPING CHILDREN.  
**CARE HOUSE  
OF OAKLAND  
COUNTY**

# Family Resilience Program



**Focusing on the five protective factors approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect, the Family Resilience Program (FRP) aims to serve families with children from 3 to 12 for up to one year.**

The five protective factors are the foundation to the Strengthening Families Approach and include:

**Parental Resilience,  
Social Connections,  
Concrete Support in Times of Need,  
Knowledge of Parenting and Child  
Development, and Social and Emotional  
Competence of Children**

Families are assessed for risk factors and needs, as well as their willingness to actively engage and participate in the programming. CARE House can then provide a number of services based upon the assessment.

Our program offers families the opportunity to receive **timely and valuable** support when eligibility limitations prevent them from enrolling in our grant-funded Healthy Families America program or when our Forensic Interview Team determines there is a greater need for the family than weekly therapy can provide.

Families will participate in a weekly home visit, focusing on identifying and reaching goals that will promote the five protective factors, build competence and confidence in parenting, and improve family functioning. In addition, there are several programs that CARE House may provide to families, either in lieu of or in tandem with weekly visits.

## **1 Nurturing Parent Curriculum**

A 16-week family-centered, trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. This program is a best fit for families who have been or are currently involved with child welfare agencies.

## **2 Growing Great Families**

A medium-to-long term, comprehensive parenting curriculum that focuses on fostering the growth of secure attachment relationships and developmentally enriched, empathetic parenting that supports families to reduce their stress and build protective buffers for their children. This is a good fit for families who are experiencing a sudden family crisis; foster or adoptive parents; neurodiversity in parents dealing with magnified parenting challenges; or families of children older than 3 years without access to other parenting programs.

For further information, contact: 947-232-7470 or [hvreferrals@carehouse.org](mailto:hvreferrals@carehouse.org)