



eteran and military families face many unique challenges. They may struggle with the stress of deployment - or coming home, parenting, finances, employment or domestic violence. Our services are designed to help veteran and active duty families find community resources, support kids, build resilience, develop effective parenting skills and manage stress.

FIND THE RIGHT HELP



trong Families, Strong Children (SFSC) understands the challenges of veterans and military because our team has military service backgrounds personally or through a family member. Our team of Peer Navigators and Clinical Case Managers understand what it means to be an active duty or veteran family.



LEARN TACTICS TO NAVIGATE TOUGH HOMELIFE SITUATION



ometimes it takes some extra training to learn how to handle stressful family situations, especially when leaving on a mission or returning home. We offer UCLA's Family Overcoming Under Stress (FOCUS) resiliency program. In six to eight weeks, you will gain concrete skills to improve communication, manage difficult emotions, increase problem solving, and strengthen relationships. Families report that FOCUS works!

CONFIDENTIAL COUNSELING



e offer short term therapy for children and families. We can also help you connect with support services in your area. You'll be able to talk through your particular challenge with a professional in a confidential setting.



SF STRONG
F FAMILIES
SC STRONG
C CHILDREN

OUR MISSION



o improve the health and well-being of veterans, military families and children throughout Orange County by engaging the community, building resiliency and creating safer, more stable home environments.

- ☆ Are you a veteran or military family going through a difficult time?
- ☆ Are your children and family affected by legal issues, deployment, family problems, unstable housing or transitioning out of the military?
- ☆ Do you need support finding employment, housing, legal, domestic violence services or other community resources?

STRONG FAMILIES CAN HELP! STRONG CHILDREN



Services are available free of charge through funding from the Orange County Health Care Agency, Mental Health Services Act (MHSA), United Way, Orange County Community Foundation and Pacific Life.



For more information or to make an appointment:

714-953-4455 x661

www.ocstrongfamilies.org

Child Guidance Center
525 N. Cabrillo Park Drive, Suite 300
Santa Ana, CA 92701

Human Options
1901 Newport Blvd., Suite 240
Costa Mesa, CA 92627

Irvine- Families Forward
8 Thomas
Irvine, CA 92618

Veterans Legal Institute
2100 N. Broadway #209
Santa Ana, CA 92706

OUR COLLABORATIVE PARTNERS



FAMILIES FORWARD
DIGNITY • EMPOWERMENT • HOPE

STRONG FAMILIES CAN HELP! STRONG CHILDREN

SUPPORT FOR ORANGE COUNTY
VETERAN AND MILITARY
CHILDREN AND FAMILIES