

## About Us

Family Relief Nursery was established in 1992 to address the growing prevalence of child abuse and neglect in the Portland metropolitan area. We serve up to 90 families who voluntarily enroll in our program each year. Our staff of state-licensed professionals work with families for an average of 18 months until their home situation has stabilized.

## Our Program Works

The relief nursery model has developed over 20 years into one of the most effective approaches to preventing child abuse and neglect in high-risk families.

Reducing just two risk factors for abuse and neglect cuts the risk of maltreatment by half.



*"The nursery gives our family resources for financial help, free fun family events, and classes to help our at-home parenting."*

## Get Involved, Learn More, and Support Our Work!

- Volunteers** provide over 700 hours of service each year, helping teachers in classrooms, providing administrative support and more! Call our Volunteer Coordinator to find out how you can contribute.
- Support** Family Relief Nursery with a financial donation and help us serve even more children and families!
- Donate** an item on our Wish List! Children's and adult's clothing, toys, books, games, strollers, car seats and personal items are always accepted. Contact us for more information about how you can make a difference!



*"Family Relief Nursery gives me confidence that I am going in the right direction with my son."*

Family Relief Nursery is funded by the **Portland Children's Levy** and the **Children's Trust Fund of Oregon**

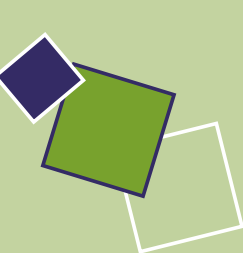
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# Family Relief Nursery



Strengthening Families to Prevent Child Abuse and Neglect

  
Volunteers  
of America®  
OREGON



Parenting isn't easy, even under the best of circumstances. When parents are struggling with multiple issues like poverty, unemployment, domestic violence, physical disabilities, or social isolation, children can be the first to suffer.

There were over 2,300 confirmed cases of child abuse and neglect in Multnomah County in 2006 – 73% of these cases involved the child's parent.



**CHILD NEGLECT** may include failure to provide adequate food, clothing, shelter or medical care.

**CHILD ABUSE** may be overt physical abuse, mental injury or threatened harm.

### Family Relief Nursery is a prevention and intervention program

that provides three essential services at no cost, helping families establish safe, stable home environments through parenting classes and personal support.



# Our Program

## Therapeutic Nursery/Preschool & Respite Care

*Children ages six weeks to five years attend therapeutic classrooms two days per week, providing respite for parents to make progress on personal goals*

- Developmental assessments direct activities; when needed, referrals to additional resources are made
- High direct staff-to-child ratio of 1:3 for infants, 1:4 for toddlers, and 1:5 for preschoolers nurtures skills and self-esteem, emphasizes consistency and encourages appropriate behavior
- Preschool classroom helps prepare children to enter kindergarten at peer level
- Free transportation to and from program and a nutritious breakfast and lunch are provided

## Advocacy Support/ Home-Based Services

*Interventionists help parents set personal goals and encourage progress through regular meetings*

- Support coordination is provided to resolve domestic violence, drug & alcohol abuse, housing, employment and other issues
- Home visits by teacher interventionists help parents make progress on goals to implement and maintain safe home environments

## “Making Parenting a Pleasure” Parenting Class

*An intensive, evidence-based 10-week course designed for highly stressed parents and covering topics including child behavior management, self-care and self-esteem, child development, and anger management*

- Observation of parent/child interaction and coaching

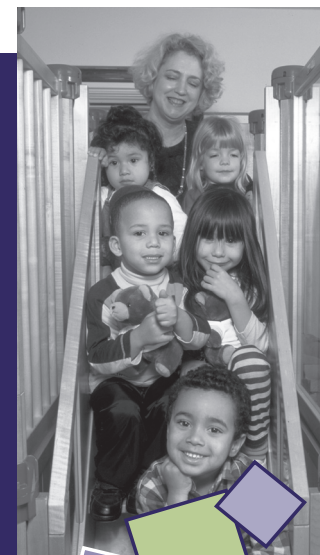


## An Investment You Can Believe In

**Abused children are at risk for low academic achievement, dropping out of school, criminal behavior, alcohol & drug abuse and a host of other negative behaviors. As adults, they are more likely to abuse their own children. By investing in the whole family, we can break the cycle of abuse.**

Family Relief Nursery is a cost-effective means of preventing the devastating long-term effects of child abuse and neglect. Once maltreatment occurs, the cost of intervention services is **more than 10 times the cost of primary prevention.\***

\*Multnomah County Safe Child Task Force Report, 2007



*“I am really lucky to have come in contact with Family Relief Nursery! My daughter gets to play with different toys and see other babies and her teachers. And the nursery helps me provide stability for my family in so many ways!”*