



## Walking Alongside Youth & Families

**Family Support Services** are designed to provide meaningful support & encouragement to children, parents, and families. We aim to help you build essential skills, grow your confidence, and navigate challenges with greater ease. Along the way, you'll also learn about the natural supports and community resources available to you, so you're never alone on your journey.

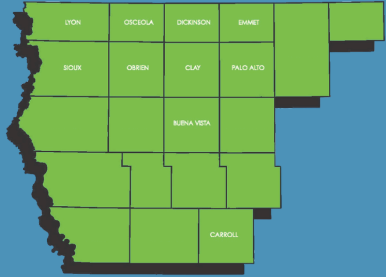
***Skill Building Interventions:*** Interventions to assist children with coping skills, behavior management, emotional regulation and social growth. Evidence-Based curriculums include Seeking Safety, PACT: Parents and Children Together, and Motivational Interviewing.

***Therapeutic Respite Care:*** Opportunities for office and/or community-based respite care.

***Family Support:*** We walk alongside families to support their unique needs through services such as parent education and supports, advocacy, support for children/youth at risk for system involvement, and assistance for families navigating foster, adoptive, or kinship placement.

Guiding **Individuals & Families** Towards  
a **Meaningful** and **Fulfilling** Life.

- ▶ Child/Youth exposed to trauma and/or at-risk for system involvement OR current foster, adoptive, or kinship youth/family
- ▶ Reside within one of the following counties: Buena Vista, Carroll, Clay, Dickinson, Emmet, Lyon, O'Brien, Osceola, Palo Alto, or Sioux
- ▶ If someone resides outside of these counties but would benefit from services or have any other questions, please contact us at 1-800-242-5101 or [fsc@seasonscenter.org](mailto:fsc@seasonscenter.org)



**Seasons Center is dedicated to transforming the lives youth through services that increase stability and provide necessary resources to help families thrive.**

## Questions?

Call or Email Us. We're Here to Help!

 1-800-242-5101

 24/7 Talk & Crisis Line: 844-345-4569

 [fsc@seasonscenter.org](mailto:fsc@seasonscenter.org)

 <https://seasonscenter.org/family-support-services.php>