

why help

Each year, Missouri records over **85,000** reports of child abuse and neglect.

Family Resource Center is committed to ending the cycle of chronic child abuse in the St. Louis area.

We can't do it alone.

Since 1974, FRC has helped hundreds of thousands families and children. The support of our volunteers has helped us make this possible.

As a volunteer, you can help families directly with client interactive projects, or indirectly via administrative support or with a fundraising event.

By volunteering, you are giving back to the St. Louis community and making a positive impact on the welfare of struggling children and families.

Not only will our children and families benefit from your efforts, but you can benefit as well. By joining a committee, assisting with an event, or holding a fundraiser, you will meet new people and learn new skills that can help you in your life.

Thank you for considering Family Resource Center as your volunteer partner. You are making a difference!

About Family Resource Center

Generosity from individuals like you help support the Family Resource Center Mission:

Family Resource Center's mission is to prevent and treat all forms of child abuse and neglect and to strengthen families through family-centered therapeutic, educational, and support services.

Each year, Family Resource Center . . .

Helps thousands of client children and family members in the following programs:

- **Family Treatment Program**
Helping family members learn more productive behaviors
- **Foster Care & Adoptive Services**
Case management and in-home support services for foster children, foster families, and biological parents
- **Intensive In-Home Services**
Family preservation counseling and crisis intervention
- **Missouri Mentoring Partnership**
Providing role models to help teens facing adult responsibilities
- **Therapeutic Day Treatment Program**
Providing healing therapy and preparing young children for success in school
- **Parent Partners**
Mentoring for parents involved in the social welfare system
- **PathBuilders®**
Pilot program with Washington University's Brown School of Social Work to help families at risk for chronic abuse and neglect

For more information about Family Resource center, visit our website at www.frcmo.org or call 314.534.9350.



volunteering & fundraising



be informed
be inspired
be involved

Be informed about the cycle of abuse. **Be inspired** by the people we help. **Be involved** by lending your time.

volunteer ideas

Client Interaction*

- Entertain children by reading stories, playing music, or assisting with art projects
- Become a mentor for a teenager
- Assist case managers with child supervision during client visits
- Give a foster parent a night out
- Transport families to appointments
- Take families shopping
- Host a holiday party or picnic for foster families
- Assist with case filing and paperwork
- Teach English as a second language, reading, or GED classes
- Monitor children on a field trip
- Run errands for case managers

*Requires additional training and background check. Long-term opportunities only.

Program/Family Sponsorship

- Adopt a program or area
- Sponsor events or field trips for the Therapeutic Preschool
- Provide graduation cap/gown for an MMP high school graduate
- Sponsor an MMP graduation ceremony
- Procure furniture and other household items for clients
- Put together overnight bags for children coming into care
- Provide birthday gifts for children in care
- Organize clothing donations
- Provide new prom dresses for MMP teens
- Purchase therapeutic games and toys for Family Treatment
- Create certificates for clients who complete a program or service
- Provide emergency bus tickets for low income families
- Provide art supplies for programs
- Adopt a Therapy Room
- Provide school uniforms
- Organize clothing donations

Administrative Assistance

- Assist with special events
- Serve on a board committee
- Help with mailings to donors
- Plan events to recognize FRC employees
- Building and grounds upkeep
- Filing and typing assistance
- IT/Technical support
- Phone calls to donors and sponsors
- Donate office supplies and equipment
- Write letters to influential people in the community
- Front desk/receptionist assistance
- Assemble resource packets

fundraising ideas

Organizing a fundraiser is one of the easiest ways to get involved at Family Resource Center. Below are a list of ideas to get you started. If you need assistance organizing your fundraiser, the development staff will be happy to assist you.

- Trivia or Bingo Night
- Bake Sale or Lemonade Stand
- Toy, Clothing, or Diaper Drive
- Wine Tasting
- Theme Brunch or Dinner Party
- Breakfast or Lunch with Santa
- Car Wash
- Chili Cook-Off, Fish Fry, or BBQ
- Corporate Casual Day
- Raffles
- Silent or Online Auction
- Tailgate, Rummage, or Garage Sale
- Create a Cookbook
- Girl Scout and Boy Scout Projects
- Texas Hold 'Em Tournament
- Happy Hour Event
- Walk-A-Thon
- Special Birthday Party Gifts
- Used Book Sale
- Corporate Donut Day
- Mystery Dinner Party
- Bunco Night
- Kentucky Derby Party
- Themed Dance
- Movie Night at Local Theater
- 5K Run/Walk
- Candy Bar or Cookie Sale
- St. Patrick's Day Party
- Polar Bear Plunge
- Karaoke Night
- Board Game Tournament
- Cake Walk
- Gift Wrapping Booth
- Buckets for Donations
- Festival or Carnival
- Giving Tree
- Ice Cream Social
- Local Celebrity Auction
- Miniature Golf Tournament
- Handyman for a Day Auction
- Fashion Show



Rev. 10/14/11

YES. I want to be informed, be inspired, and be involved with Family Resource Center.

Please detach and return this form to:

Family Resource Center
Attn: Tina Nelson
3309 S. Kingshighway Blvd.
St. Louis, MO 63139-1101

You can also contact us at
314.534.9350 or via email at
tnelson@frcmo.org

Name

Company Name

Address

City/State/Zip

Phone Number

Email Address

I am interested in:

- Volunteering
- Fundraising
- Both



RESOURCE CENTER

www.frcmo.org