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## HARMONY HEALTH Family Resource Center

1908 North Beale Road, Suite D  
Marysville, CA 95901  
(530) 742-5049  
[www.myharmonyhealth.org](http://www.myharmonyhealth.org)

### FRC School Sites

#### Ella FRC

4850 Olivehurst Ave  
Olivehurst, CA 95961  
741-6124 ext. 4462

#### Cedar Lane FRC

841 Cedar Lane  
West Linda, CA 95961  
741-6112 ext. 3661



# HARMONY HEALTH



**Family Resource Center**  
Hours: Mon-Fri 8am-5pm

## FAMILY RESOURCE CENTERS

In addition to FRC services offered next door to the clinic, we have also added two sites: Ella and Cedar Lane Elementary Schools.

## OUR GOAL

*Our goal is to motivate members of our community to become healthy and productive so that they may in turn participate in educating others.*

## OUR SERVICES

### Case Management

Family advocates offering home visiting, social support and goal setting for overburdened families.

### Crisis Intervention

On site staff, including family therapists, for immediate crisis intervention and problem solving.

### Support Groups

Mom's Circle, Codependency, Anger Management, Men's Support Group, Substance Abuse Support Groups.

### Parenting Classes

Education, support and problem solving for parents.

### Referral Linking

to community support services.

### Application Assistance

Cal Fresh and Health Insurance Applications, immigration paperwork and assistance with filling out general forms.

### Public Health Nurses

Home visiting for families with infants and children, pregnancy, postpartum, nutrition, and health education support.

### Workforce Development

Eating Well Cafe, culinary food service training and community meeting area.

### Lactation Consultant

Breast feeding education and support, individual consultation by International Board Certified Lactation Consultant; Certified Lactation Counselors.

### Distribution Site

First 5 Yuba County Children and Families Commission welcome baby kits available.

### Prenatal Classes and Childbirth Education

Pregnancy and Childbirth Education for labor, delivery options and support.

### Leadership Council

Community driven, grass roots, advocacy group.

### Communities and Health Professionals Together (CHPT)

Using an Asset Based approach, Harmony Health supports UC Davis pediatric and family practice residents to create sustainable community health projects.

### Community Events/AmeriCorps

Neighborhood clean-ups, annual Spring Fling, Christmas toy give-away and outreach at community fairs and events.

### Health Education Classes

Educational classes requested by the community.

