



# FAMILY RESOURCE HUB

Connecting families to the support and guidance they need to grow and thrive

## PROGRAM DETAILS

Family Resource Network (FRN) Hub is a **free family support program** that helps families build strength, stability, and well-being. As a central access point for multiple programs, the Hub provides coordinated support through assessment, helping families identify their needs and connect to the right services at the right time. Whether you need help with parenting, adjusting to a new caregiving role, managing family challenges, or supporting a teenager, the program provides guidance, practical support, and resources to help strengthen relationships, and create a safe and supportive home environment.

### What We Offer:

- Assessment and personalized family support planning
- Referrals and connections to programs and community resources
- Parenting guidance and caregiver support
- Help navigating family challenges and strengthening relationships
- Support for new parents and caregivers
- Guidance for families supporting children and teenagers
- First language and culturally sensitive support

## CONTACT

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## ELIGIBILITY

Immigrant, refugee and citizen families with children between 0 - 18 years of age and living in Calgary.

## FUNDED BY

**Alberta** Provincial Family Resource Networks