



Family Resource & Advocacy Center

Family Resource & Advocacy Center (FRAC)

The Center provides information and assistance to families and children with special needs through education, support, and a variety of direct services.

Celebrate Community Library

The Celebrate Community Library is available to the public at no cost. The collection includes books, audio books, and DVD's. Call 707-524-6754 for hours and more information.

Teen Zone After-School Program

The Teen Zone is a social and recreational opportunity for teens and young adults living with disabilities. In addition to providing a fun and safe place to spend after-school hours, the Teen Zone supports peer-peer interaction and friendship, fosters skill development, and enhances social, emotional, and physical growth. The Teen Zone is located on the Healdsburg High School campus.

Bowling League

The Bowling League is a member of the ARC-CAL State Bowling Program. League members gather weekly to bowl, participate in a County Tournament, and have the opportunity to qualify for and participate in the State Tournament each year.

Parent Support Groups

A variety of support group opportunities are available to parents of children of all ages and disabilities. The Center also sponsors the annual Buddy Walk in Santa Rosa to raise funds for the Sonoma County Down Syndrome Support Group. This group of parents and children meets monthly for support and fun. They also provide "Hope Baskets" to new parents and host a variety of social and educational events throughout the year.

Resource and Referral Services

FRAC staff are available to answer questions, provide information, and referrals regarding community services, such as other support organizations, housing, therapy programs, government services, rights, and more by phone, email, and appointment.

Monday Update Email

The Monday Update is a weekly email service, which includes up-to-date listings of upcoming events throughout the North Bay, new local and national resources, and the opportunity to communicate with hundreds of fellow parents via the Family Bulletin Board.

Parent Education Services

FRAC educational programs are designed to respond to the needs of parents in the community. Informal educational services are available by appointment. Parent Forums and Family Resource Roundtables are offered on a variety of topics with the opportunity to learn from local experts.

Dances

In partnership with the City of Santa Rosa Recreation and Parks, Becoming Independent hosts monthly social dances for adults with disabilities. These fun, festive dances are a great opportunity to spend time with friends, meet new people, and just let loose and have fun. Dances are typically held on the second Monday of each month from 7:00-8:30pm at the Steele Lane Community Center. Cost is \$5.00 at the door.

Self-Advocacy Groups

A number of group opportunities are provided to adults and teens living with disabilities offer a space to increase self-esteem, communication and problem-solving skills, unite under common experiences, and deepen peer relationships.

Inclusive Enrichment Classes for Children

Through a partnership with Rincón Valley Union School District, FRAC offers after-school enrichment art classes for children with and without disabilities. This inclusive environment provides a safe and playful opportunity to explore a variety of art media. These classes are available to children in K to 4th grades within RVUSD.

CONTACT US

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