Mission Statement
As a non-profit organization, HFRC’s mission is to promote and protect family integrity and values by assisting broken/at-risk individuals and families to rebuild emotional health and relationships.

Target Population
Asian families which suffer from divorce, single parenting, loss of spouse or at the brink of divorce who need assistance for emotional healing, knowledge enhancement and skills to live a healthy, joyful and hopeful life.
Male/female who needs life coach to re-define the value of life and its meanings.

Languages
English, Mandarin and Cantonese

Service
Educational Workshops:
Educate and outreach to community members by introducing a variety of topics relating to healthy individuals and families, such as Successful Parenting Practices, Sex Education for Children, Family of Origin and Self-Image, Effective Communications, Emotion Management, Setting Boundaries (relationship management), etc.

Lay Counseling:
Provides telephone or face-to face counseling (conducted by trained and certified lay counselors) to people who experiencing emotional and/or relationship crises.

Annual Life Rebuilding Conference:
To help members break through their life’s strongholds through group counseling in three days and two nights seminar.

Support Groups:
Provide peer support (facilitated by trained group facilitators) in a safe environment to people experiencing emotional and/or relationship crises.

Growth Programs:
Provides continual improvement in individual topic area of emotion and relationship management through deeper understanding and more practices in a safe environment.

Thanksgiving Luncheon:
Shares holiday meal, warmth and love with community members in need, such as single parents and their children.

Referral: Services:
Make a referral to other agency regarding health insurance, housing, financial support, childcare or legal issue etc., if needed.

Life Coach:
Help people to achieve goals, overcome obstacles and make changes or shifts in their lives.

Men’s Ministry:
Help men to find his unique character and re-define his value, present his presence and influence to life, work, marriage, family and society.

Lay Counselor/Group Facilitator Training:
Grows capacity in the community by offering training and certification of lay counselors and group facilitators to staff of HFRC and other community-based organizations.

Your Support
Volunteer:
Volunteers with different skills are welcome and training will be provided.

Finance:
You may support our work by making a one time donation or give on a regular basis according to the following suggestions:
“Friend” -for HFRC may give $30/month;
“Crusader” -for HFRC may give $100/month;
“Angel” -for HFRC may give $2,000 or more/year.

Online Donation at FamRebuild.org or make checks payable to “HFRC”
Donation receipts for tax deduction purpose will be issued by HFRC, a part of Herald International, a 501C(3) non-profit organization.

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(Located at the Fremont Family Resource Center)