



Family Pathways at Mountain Family Center

Family Pathways is a voluntary program that provides prevention services to families who have been referred to the Mountain Family Center, but ultimately are not required to engage in services. Our Family Pathways advocate helps families with goal setting, connecting to community resources, financial coaching, help with building strong family relationships and in some instances they may provide one-time financial assistance.

The principle that guides our work is acknowledging that all families have strengths. Family advocates work with families to identify and to build on their own strengths in order to build their own capacity. Through a strength-based approach of working with families, staff serve as a partner in helping family's access programs and services based on their needs and strengths. This approach in turn, empowers families to take action to improve the well-being of their children and families.

Family Pathways families receive support in a variety of ways. Through community resources, activities, and services that have been provided to support families in the reaching of their goals.

Some of those may include, but are not limited to:

- Financial Health information and education – This may include tips on budgeting, learning how to create a savings account and even information and resources to start building credit. FH also assess' behavioral spending and how goals and creating a monthly budget can strengthen the financial position of a household as a whole.
- Resource and Referrals
- Potential financial assistance for: rent, utilities, car/home repairs, medical bills, other
- Nutritional health education and classes
- Counseling services
- Support – The Family Pathways advocate is there to mentor and support you.

A great part of this program is that it is not curriculum based, which gives it the freedom to really cater to the needs of each family in helping them reach their goals.