

Royal Throne January 2023



Family Development & Self-Sufficiency (FaDSS) Program

PARTNERS FOR THRIVING FAMILIES



FaDSS is a home Visitation program for low income families available in **ALL 99 COUNTIES IN IOWA**. FaDSS families participate voluntarily in free services in Partnership with their FaDSS Family Development Specialist who works with the whole family to address their basic needs, improve child wellbeing, and develop careers opportunities that, in turn,

IMPROVES LIVES, FAMILIES, AND COMMUNITIES.

The New Opportunities FaDSS Program began providing services to families July 1, 2022. It is funded to serve 42 families in the six-county service area of Audubon, Boone, Carroll, Dallas, Greene, and Guthrie Counties. The FaDSS Program offers a variety of activities to support the needs of each family.

Core Service Components

Home Visits

Goal Setting

Advocacy

Referrals

Support

Assessment

January is Mental Wellness Month. There's no better time than the beginning of a new year to take stock of your mental Health and learn new ways to improve your overall well-being.



Mental Health Wellness for Survivors

- Seek out supportive people**
A trusted friend or family member can create a calm atmosphere in difficult situations
- Identify and work towards achievable goals**
Can be as simple as calling a local DV hotline for resources
- Create a peaceful space**
A physical space can help your mind relax and feel physically safe
- Remember that you deserve to be kind to yourself**
Take time everyday to practice self-care for peace and emotional safety
- Remind yourself of your inherent value for your emotional health**
You are special and important

Source: National Domestic Violence Hotline