

The Specialized Family Resource Center supports families with mental health concerns through education, advocacy and social opportunities. We are a resource for parents whose mental health affects the functioning and stability of their family.

Our Family Center offers a warm, comfortable, safe, home-like environment. If you or someone you know could benefit from the Specialized Family Resource Center, please call (414) 276-3122 to schedule a tour or to receive more information.



### Family Center Classes

- Wellness Recovery - focuses on the parent's recovery from mental illness.
- Parenting – increases the parent's knowledge and understanding of their mental illness and its effects on parenting.
- Freedom Self-Advocacy – provides tools for parents to better self-advocate for themselves and their families within the community

### Family Center Programs and Services

- Events and outings
- Mini-Workshops on specialized topics
- Support groups
- Parent-child playtimes
- Make & Take art projects

*(Programs are subject to change)*

### Family Center Services

- Connection to community resources
- Lending library and internet connection
- Drop-in time with FREE childcare
- Transportation options available
- Meet 1-1 with Peer Support Specialists. They are parents with personal experience living with mental health issues. They have embraced the recovery philosophy and have completed a 70 hour certification in order to work directly with the visitors to the Family Center.

### Come be a part of the Specialized Family Resource Center:

- Connect with resources
- Meet new people
- Attend classes
- Volunteer your time
- Enjoy family activities

There is no cost for activities for families who are associated with Family Center activities.

### The Specialized Family Resource Center:

**Mental Health America of Wisconsin**  
**734 North 4th Street**  
**1st Floor**  
**Milwaukee, WI 53203**  
**(414) 276-3122**

The Family Center is open from 10 a.m. to 2 p.m. Wednesdays and Thursdays. Call (414) 276-3122 for hours and a current schedule of classes.



## The Specialized Family Resource Center

*Building strong families and  
healthy homes*



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Milwaukee, WI 53203