

# MANDELA FAMILY RESOURCE CENTER



**Our Mission** Lincoln Families disrupts the cycle of poverty and trauma, empowering children and families to build strong futures.

## WHAT WE DO

**Lincoln Families West Oakland Mandela Family Resource Center (MFRC)** is where children, youth, and families can receive individualized and responsive services and supports. It is a place for community members to gather, lift up empowerment efforts, and act to ensure the delivery of programs and services that reflect the needs of the community and impact root causes of poverty and trauma. Services include:

- **Early Childhood** – Building on parents' strengths to support their children's development, and providing access to supports to ensure their children are ready for kindergarten and academic success, including family literacy activities, play groups and coaching;
- **Parent Leadership** – Centering the agency of the caregiver by offering a myriad of workshops, skill development, and career exploration spaces to assist them in identifying tangible and self-affirming life goals;
- **Health & Wellness** – Providing access to case management services as well as workshops/classes to build skills for healthy living and wellness;
- **Resource Navigation** – Linking families to health care and other needed community resources;
- **Community Action Activities** – Building capacity for engaging in community service and advocacy about issues that affect West Oakland families, including employment, neighborhood safety, and housing/tenant rights.

## OUR WHY

West Oakland has a rich history as the region closest to the Port, where changes in cultural and economic conditions have taken a toll on its residents. In spite of these changes, West Oakland has enormous assets in its longstanding resident families, small businesses, and service providers. As neighborhoods become affected by gentrification, residents maintain a sense of protectiveness and tenacity in an effort to fight the forces of housing instability and protectiveness. Having a deep sense of community and partnership, residents are strong advocates and leaders in equity.

## COMMUNITY- BASED



### MFRC LEADERSHIP

**Dynell Garron**, Program Director  
Community Based Services  
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**Chris Nguon**, Associate Director of  
Community-Based Grant Funded Programs  
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### MFRC WEBPAGE

[www.lincolnfamilies.org/  
mandela-family-resource-center](http://www.lincolnfamilies.org/mandela-family-resource-center)

### LOCATION/ HOURS

1340 7th Street  
Oakland, CA 94607

Monday - Friday  
9:00 am - 6:00 pm

### FOR MORE INFO PLEASE CALL

510.273.4700

[www.LincolnFamilies.org](http://www.LincolnFamilies.org)



## OUTCOMES & IMPACT

- **100%** of families indicated greater awareness of neighborhood resources.
- **100%** of caregivers indicated improved knowledge of how to support their child's developmental growth through play.
- **78%** of caregivers stated they have learned more strategies to practice at home to help their child's developmental growth.

## PROGRAMS & SERVICES

- Academic supports for youth - tutoring, college planning, summer school, and math/science/writing support programs;
- Adult continuing education - capacity building in technology, languages, social media, and community college enrollment;
- After school programs - supervised activities such as performing arts, sports and recreation for youth;
- Emergency assistance navigation services - utilities, rent, food, and financial assistance;
- Employment training - referrals to vocational and job training programs, including technology, culinary, automotive, and medical;
- Family events - game night, bingo, cards, and trivia;
- Holistic health services - yoga, meditation, counseling and treatment for stress, depressions, anxiety, grief-loss and mental illness;
- Personal financial education and counseling - credit counseling, budgeting, banking, and housing;
- Resident safety - police block watch programs, fire prevention, traffic safety, food safety, and sanitation education;
- Technology access - computers, printers, fax/scan, copiers, email, and internet;
- Wellness services and workshops - nutrition and meal planning, fitness, preventative disease education and counseling, parenting

## CARA AND JANAЕ'S STORY

Two single mothers and cousins Cara and Janae, living at the Mandela Gateway Apartments, both with multiple children under five years old, needed guidance to help navigate programs in which they showed an interest. Both mothers had a strong desire to return to school and needed day-to-day career advice but weren't sure where to start. Mandela FRC was able to connect them with a Family Navigator and, through relationship building, we were able to work on their resumes; Cara had not had an updated resume in over ten years. The FRC was also able to connect them with a Surgical Technician program, and after completion, both women passed their tests and received their certification.

Mandela FRC helped both Cara and Janae realize that they are the purveyors of their own destiny, and Mandela FRC was only there to help guide and assist them, including providing a study space with access to computers. Having a Family Navigator on-site made it easy for them to continually pop in and ask questions, and act as an advocate in their corner. Both mothers are now looking for positions in their certified fields.