



# Enhancing and Nurturing *Parent-Child Relationships*

## Resources for Families Formed Through Adoption or Guardianship

Often, families formed through adoption and guardianship face unique and unexpected challenges. Parents and guardians can frequently feel overwhelmed. Sometimes, caregivers have difficulty connecting with their children or experience trouble managing their child's behavior. It's not unusual for the children's school to not properly understand how to support children of families formed through adoption. If any of this sounds familiar to you, you aren't alone.

Families Forever helps provide one-on-one support and education, along with connecting you to the resources and outlets available to help you overcome the challenges facing your family. Together, you can work to enhance and strengthen your relationships.

If your children are under the age of 21 and your family was formed through adoption or guardianship, Families Forever is here to support you. As a Nebraska resident, all it takes is a simple call to connect with someone who can help you navigate building and strengthening your relationship with your child.

### Families Forever provides support with:

-  One-on-one parenting and family support
-  Community referrals to other services needed or identified by the family in their community
-  Connections to mental health services
-  Helping connect you with respite options
-  Mentoring
-  Support groups
-  Training and classes

### Families Forever is built to equip you with the skills you need to strengthen your family relationships.

By connecting you with educational resources, one-on-one support, mental health services, and support groups, Families Forever helps you find the path to building a positive, healthy relationship with your family.

To learn more about Families Forever, simply call 844.463.0009 or email us at [FamiliesForever@nchs.org](mailto:FamiliesForever@nchs.org).

Reach out to see what support is available.  
Call 844.463.0009 Now