Why Family Check-Up®?

- Most well supported evidence-based practice across the widest age group.
- Effective with a diverse range of families.
- Supported by more than 30 years of solid research.
- Families report high engagement rates.

Help is Accessible and Free

- This is a free service for families who need additional parenting support, help with disruptive child behaviors, or improved family relationships.
- Sessions happen on the family's schedule.
- Typically one session per week.
- Services are available in English or Spanish.



About Saint Francis Ministries

A voice for the vulnerable since 1945, the mission of Saint Francis Ministries is to provide healing and hope to children and families. We honor human dignity and potential through our programs and services to thousands of youth and families in Arkansas, Kansas, Mississippi, Nebraska, Oklahoma, and Texas.

Saint Francis MINISTRIES

Scan the QR Code to Learn More

833.883.2921

www.SaintFrancisMinistries.org

Saint Francis Ministries is Joint Commission accredited.

REV/11-26

Prevention Family Check-Up®



Saint Francis MINISTRIES

What is Family Check-Up®?

Family Check-Up® is a confidential, family-centered, and strengths-based approach to mindful parenting, tailored to family strengths and needs.

Saint Francis partners with families to identify and build upon their existing strengths so they can provide for the health and security of their children.

We offer hope to families in crisis so they can create opportunities for positive change.



How it Works

Assessment & Goal Setting:

- Begins with an assessment process to get to know the family, their strengths, and their areas of growth.
- Following the assessment, we collaborate with families to establish goals and provide support services to address their identified needs. Available services include the Everyday Parenting curriculum, case management, and transportation assistance.

Everyday Parenting Curriculum:

- Provides parents with simple, practical parenting strategies to promote positive child development.
- Offers session-based approach with three modules – positive behavior support, setting healthy limits, and building family relationships.

Services Delivered Directly in the Home

Family Check-Up® enables clinicians to directly observe families where members are most comfortable – at home. Interaction with family members within their home setting makes it possible to directly intervene in unhealthy behaviors and to immediately reinforce positive, healthy life choices.

How to Qualify:

- Family must live in McLennan or Bell County.
- Family must have at least one child 0-5 years old (can also have older children).
- Children residing with caregivers.

