

*Embracing Families
with Support and
Community
Resources*



**Family
Resource
Center of
Narberth**

Embracing Families with Support and Community Resources



Strengthening Families... Building Community.

MISSION STATEMENT

"To build healthier families and stronger communities through positive relationships, programs and collaborations in Narberth."

We are always looking for new partners!

There are many ways that you can be involved and we strongly encourage you and others to partner with us. To find out ways that you can partner please contact us by e-mail:

FRNofNarberth@gmail.com

or call: Pastor Lydia at 315-687-1368.



Our Partners:

- Holy Trinity Lutheran Church
- Belmont Hills Association
- Main Line Reform Temple
- Narberth Havurah
- Bob Weisbord, Acupuncture & Healing Arts Practice
- PlumbLine Fellowship at Narberth UMC

Food Panty Shopping List

- **Beverages:** juice (prefer powdered), milk (powdered) soy milk
- **Baby:** baby fruits, vegetables, meats, formula (powdered or liquid)
- **Breakfast:** cereals, granola bars, instant oatmeal, honey, pancake mix, syrup, pop tarts
- **Canned Fruit:** applesauce, peaches, pears, raisins, pineapple, oranges, fruit cups
- **Canned Meat:** chicken, tuna, spam, turkey etc.
- **Condiments:** coffee, tea, mayonnaise, mustard, ketchup, salad, dressing, etc.
- **Other Food:** mac and cheese, pasta, pasta sauce, rice soup, peanut butter, jam
- **Snacks:** cookies, crackers (saltines, wheat) graham crackers, fruit rollups or gummies
- **Vegetables:** peas, carrots, corn, green beans

(If you are donating items, please check expiration dates)



*it takes all of us
to make a
community*



Because it takes all of us...

to make a community. The Family Resource Center of Narberth believes in nurturing the gifts that we have as a community of loving and caring neighbors. That is why we want to connect families with resources that can be found both in and around our community.

We are committed to helping families with basic needs such as food and clothing to providing them with technical support that can include helping connect with other agencies, applying for CHIP, and updating and building your resume to search for employment and so much more.

We also believe in providing emotional and spiritual support for families who are experiencing great transition and loss through classes, support groups and one on one spiritual care.

All Services are Free of Charge. We only ask that families who have received help pay it forward by sharing this information with others in need.



The Family Resource Center of Narberth

Family Resource Center of Narberth (FRC of Narberth)

Embracing Families with Support and Community Resources

The center will provide food, clothing, technical support, emotional support, spiritual support. It will be a resource for families in need in the community as well as agencies and other organizations looking to provide resources to families.

CONTACT

The center will be housed at *Plumbline*

Fellowship in Narberth:

[United Methodist Church of Narberth](#)

206 Price Ave.

Contact info:

Rev. Lydia Munoz

Tele: 215-687-1368

Email: prgirlsings@aol.com

facebook page: PlumbLine