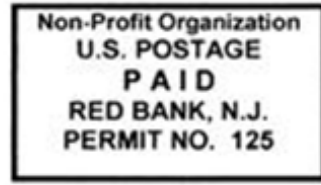




Family Resource Associates, Inc.
210 Newman Springs Road East
Red Bank, NJ 07701



RETURN SERVICE REQUESTED

FRA Cares



FAMILY RESOURCE ASSOCIATES NEWSLETTER

FALL 2020

SEPTEMBER'S NEW BEGINNINGS



After receiving guidance from the state of New Jersey, FRA is now offering two classes per day, alternating between our two locations in Red Bank and Brick. The soft reopening has been met with much success as it allows us to fully monitor the health and safety of our students and staff. We are excited to teach the people we serve in-person again, and our goal is to open more classes in the coming months.

Our virtual classes have been a success because many FRA students were prepared with the computer skills necessary to thrive in a virtual environment through classes they had previously taken at FRA. Looking to the future, we hope to find ways to expand our virtual services and deliver instructional content in a flexible environment to more people throughout the state.

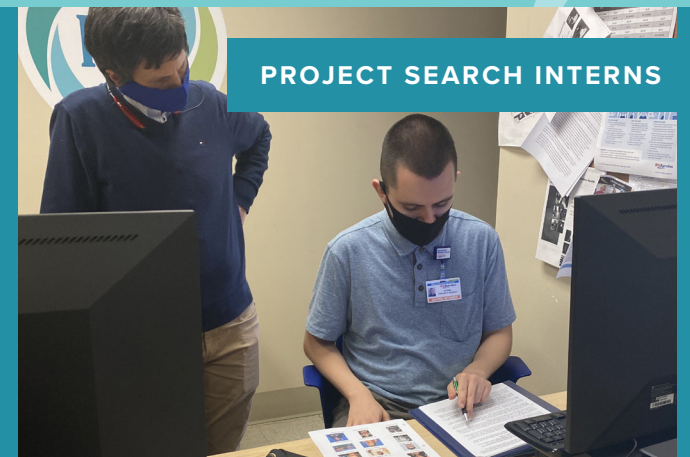
Monmouth Medical Center Project SEARCH is also in full swing for the 2020-2021 calendar year. The 10-month internship program, led by FRA, started on September 1 and is for individuals with disAbilities in their last year of school through early adulthood.

Eight interns have been accepted into this year's program, which will take place at Monmouth Medical Center. Each intern will participate in three unpaid internships to explore a variety of career paths, with the support and direction of the FRA EmployAbility staff. The ultimate goal of the program is to find employment for each intern, because they have been fully prepared for success in an integrated, competitive environment through participation in Monmouth Medical Center Project SEARCH.



FRA STUDENTS IN BRICK

"Our goal is to open MORE CLASSES in the coming months."



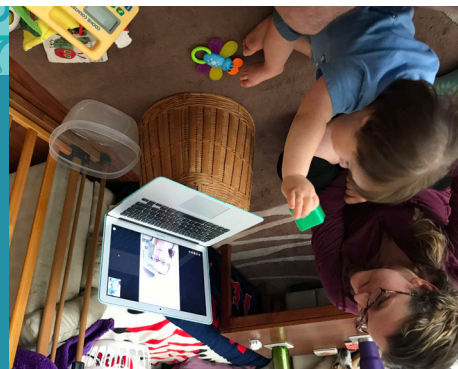
PROJECT SEARCH INTERNS

www.frainc.org
732.747.5310 x116
info@frainc.org

Follow Us! www.frainc.org
@FRAonline /FRAonline
Family Resource Associates, Inc.

FAMILY RESOURCE ASSOCIATES NEWSLETTER FALL 2020

FRA Cares



FRA is now able to offer Early Intervention services in person! Families now have the option to both Center and home based therapies



OUR MISSION

Family Resource Associates (FRA) helps children, adolescents and people of all ages with disAbilities to reach their fullest potential. FRA connects individuals to independence through specialized therapies and advanced technology. Acknowledging the powerful influence of the family, we remain committed to them by offering both support and education.



DONATE TODAY!

Help us create possAbilities for people with disAbilities.

frainc.org/donatenow

VOLUNTEER SPOTLIGHT



Thomas Monaco

FRA EmployAbility Board Committee Volunteer

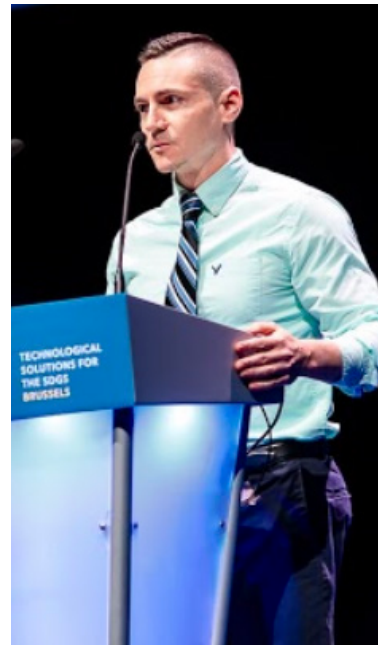
Tom Monaco serves on the FRA EmployAbility Committee and is honored and proud to work with an “absolutely fantastic volunteer and staff team that’s dedicated to providing support and services to job seekers and FRA clients that are currently employed.”

In his short time on the committee, Monaco, alongside FRA’s Phill Duck, launched a Job Club. Monaco and Duck conduct monthly meetings during which participants listen and speak with guests about anything and everything related to employment. “Phill and I led the first meeting this past June in the middle of COVID-19 and have since had guest speakers from the United States Air Force, the South Plainfield Fire Department and Google,” said Monaco. “Although we envisioned having face to face meetings, we obviously had to strategize after the outbreak. We are both looking forward to meeting the

participants onsite for a group discussion and pizza in the future.”

Monaco would love to continue to educate Job Club participants on the value of digital tools (such as LinkedIn) and resources so that they have effective strategies at their disposal for self-promotion, searching for jobs and building professional networks.

“I want to give a huge thanks to the entire FRA EmployAbility Committee for allowing me the opportunity to participate in their program,” Monaco added. “Special thanks to Phill Duck whose work ethic and commitment to FRA are a personal inspiration to me.”



ED NOTE *By Nancy Phalanukorn, Executive Director*

As we enter the season of giving, and eight months into the new normal of living with Covid-19, there is much for which we are grateful! Particularly, our personal health is something not to be taken for granted and I wish each and every one of you good health throughout this season. For all of our supporters, families and students, we are also grateful for the health of our agency.

FRA has an amazing ability to adapt as we continue to offer unique services to the community. We are grateful for this and for the adaptability of those we serve. We are finally back to some onsite service modes, although things look different. Plexiglass barriers, face masks and sanitizer abound, but nothing is hiding the smiles on everyone’s face as we come together again; even if we are socially distanced!

Our numbers may have dipped, but our spirits stayed strong and because of our community support, FRA is on solid ground to ride this wave of uncertainty. Now as we settle in to the “new normal” during this season of giving it is vital to have your support to keep FRA strong and responsive for the future.

During the pandemic, stress management and bereavement support groups were initiated and a job club was launched to help people at all levels of employment navigate these trying time. The future is bright; there are always PossAbilities! Imagine what your support to FRA can bring for years to come for children and people with disAbilities. Enjoy the holiday season ahead and stay well.

**"The future is BRIGHT;
there are always
PossAbilities!"**

UPCOMING EVENTS/ PROGRAMS



Giving Tuesday!

Join us on December 1, 2020 for **GivingTuesday** – a global generosity movement unleashing the power of people and organizations to transform their communities and the world. Join the movement and support FRA on Giving Tuesday. Whether it’s your time, a donation, or the power of your voice in our community, this is your chance to stand in unity with FRA.

» NEW PROGRAMS LAUNCHED

DURING THE
COVID PANDEMIC



**COVID-19
Bereavement
and Stress
Management**



**EmployAbility
Job Club**

NEW PROGRAM HIGHLIGHTS



Bereavement and Stress Management

Where there is a need, there is always a way. Throughout the COVID-19 pandemic, FRA has strived to provide ways to keep those with developmental or acquired disAbilities connected to each other. Earlier this summer, after receiving feedback that there was a need for mental health support for its adult students, FRA launched a COVID-19 Bereavement and Stress Management Group. The goal of this group is to provide a safe space for adults to express feelings of loss and grief and to address the stressors of COVID-19 and the quarantine. Each week attendees learn strategies for coping with grief and stress in a supportive environment.

To learn more about the COVID-19 Bereavement and Stress Management group, call 732-747-5310.

frainc.org | 732.747.5310 x116 | info@frainc.org

[f](#) [t](#) [@](#) [in](#) 210 Newman Springs Road East, Red Bank, NJ 07701