



# HMONG FAMILY RESOURCE CENTER



***A Program of  
Hmong Women's Heritage Association***



**HMONG WOMEN'S HERITAGE ASSOCIATION**  
2245 Florin Road  
Sacramento, CA 95822

## Our Philosophy



Our purpose is to support and facilitate efforts that strengthen Hmong families and empower them to utilize their internal resources towards achieving healthy lives, economic self-sufficiency, social empowerment, and cultural appreciation.

In Addition to being responsive, culturally sensitive and professional, we believe that we can best assist Hmong families and increase their access to community services when we cooperate as a team and support one another.

We believe that our clients have internal strengths that we must draw upon in order to effectively support them in overcoming challenges facing them.



Phone: 916-394-1405  
Fax: 916-392-9326  
Website: [www.hmongwomenheritage.org](http://www.hmongwomenheritage.org)

## Program Mission

A team of bi-cultural and bi-lingual individuals who work collectively to assist and strengthen Hmong individuals and families by providing culturally appropriate family support and social services, health outreach and education, mental health support, and advocacy.

### Program Goals

- Provide services likely to accelerate the natural acculturation process of vulnerable and in-crisis Hmong families.
- Remove language and cultural barriers to Hmong individuals and families accessing social and health/mental health services available to other populations.

## Services

### Advocacy

### Case-Management

### Crisis Intervention

### Citizenship Support Services

### Cultural Brokerage

### Health Education & Navigation

### Interpreting/Translating

### Paraprofessional Individual/Family Counseling

### Paperwork Assistance

### Services Referral

### Support Groups

## Contact Us

The Hmong Family Resource Center is a program of Hmong Women's Heritage Association.

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Sacramento, CA 95822  
Phone: (916) 394-1405  
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