

## Who We Are

Family Support Services of West Hawai'i was founded in 1979 by members of the community who were concerned about the life-long consequences of child abuse and neglect. They began providing prevention and early intervention services through Kapi'olani Women's and Children's Center until 1985, when FSSWH incorporated and became an independent, community based, not for profit organization.

Being community based is a fundamental principle for Family Support Services. To us that means many things: that our staff work in the communities in which they live; that we have a council of advisors who live in each district who help staff set program priorities for their area; and that our programs are accessible to families in their home community.

Family Support Services now provides supportive services to more than 3,500 Hawai'i Island individuals and families each year.

## Community Support

We are a non profit 501(c)(3) entity and appreciate the support that we receive from the community. We accept both monetary and in-kind donations to help us in our mission *“to support families and communities in providing love and care for our children”*.



## Where We Are

In **Kailua-Kona**, we have administrative and program staff located at Lunapule Professional Plaza, and at Kaiwi Square.

Administrative Office:  
75-127 Lunapule Road, #11  
Kailua-Kona, HI 96740  
Email: [kids@fsswh.org](mailto:kids@fsswh.org)  
**326-7778/326-4063 (fax)**

Kealakehe Parent Center:  
Kealakehe High School  
**327-4300 ext. 2432**

Malama Perinatal Program  
74-5565 Luhia Street Ste CE1  
326-7646

Visit Our Official Web Site at  
<http://www.fsswh.org>

In **Waimea**, our office is located in the Waimea Business Center 64-1032 Mamalahoa Hwy. You may reach us at **885-0086, 885-8054 (fax)**.

Our **Ka'u Family Center** is located on Main Street just next to the ball field in Na'alehu. You may reach us at **929-9611, 929-8066 (fax)**

In **Hilo**, our Malama Perinatal Program is located at 399 E. Kawili Street. You may reach us at **934-9823, 934-9826 (fax)**

Family Support Services  
of West Hawaii



*Helping Families  
Grow Up Healthy*

## FAMILY SUPPORT SERVICES OF WEST HAWAII



**326-7778**

# Our Vision

Family Support Services of West Hawaii's vision is that:

- families will feel comfortable, confident and competent in their parenting and life skills and will enjoy their family life;
- children will be born healthy and that their emotional, physical and nutritional needs will be met;
- children will have quality, affordable daycare, preschool, after school and respite options;
- children and youth will have opportunities to develop communication skills, life skills, vocational skills, survival skills and an ability to dream, achieve, and contribute to their community.

# Our Mission

The **Mission** of Family Support Services of West Hawai'i is:

*to support families and communities  
in providing love and care for our children.*

As are all mission statements, this one is carefully chosen. It embodies two key elements: **support for families** and **support for communities**. The first guides us in the direct work of supporting families, which we do through our counseling, home visiting, school based and parent education and support programs. The second is to assist communities to develop the capacity to provide a supportive environment for families. These are our community development activities, economic development projects, collaboration building and advocacy work for a better quality of life for families here in Hawai'i.

# What We Do

## Perinatal Counseling

Promoting the goal of healthy pregnancies and babies is the focus of our Perinatal Program. Our team includes Family Resource Specialists, Registered Nurses and Neighborhood Women. We provide information and support for:

- a healthy pregnancy
- labor and birth
- breastfeeding & nutrition
- infant and toddler care
- women's health
- family planning
- referrals to other services & community resources

## Fatherhood Initiative

By creating a stable home environment in which fathers feel good about themselves, have a nurturing relationship with their baby and are supportive to mom, we can change the health and well-being of our children. Specifically, we address:

- *how to care for your baby: basic health, safety, nutrition and emotional needs*
- *learning various methods to help baby develop, play and learn*
- *practicing how to set limits, encourage independence and use positive parenting techniques*
- *strengthening the father and mother relationship*



## Home Visiting

Family Support Services offers home visiting to families with children from birth to age five. Home visitors partner with families to:

- *provide a safe and nurturing home for their children including infants and toddlers with disabilities*
- *understand how to support the growth and development of their children, including those with special needs*
- *reduce the stress in their lives*
- *enhance communication among family members*
- *become their children's first teacher*

## Youth Development

Family Support Services reaches out to the youth of our community and their parents through the provisions of activities which provide opportunities to:

- *build life skills and enhance cultural identity*
- *develop leadership potential*
- *increase physical and spiritual strength*
- *enhance academic performance*
- *obtain counseling and guidance*
- *assist with a safe transition to adulthood*
- *develop entrepreneurial skills*

## Parent Education Services

To be a more effective parent, you can get support from our Early Childhood Development and Parent Education Programs. These programs are available to parents of children with special needs as well as all families with children from birth to age eighteen. Classes are available for families with young children as well as adolescents.

Information is available to help you on subjects such as:

- *the unique temperament of children*
- *the developmental stages of children*
- *guidance and discipline*
- *effective communication skills*

## Family Counseling

Family Support Services offers individual, family and group counseling to parents on a referral basis. Our counseling programs focus on resolving issues which are preventing effective parenting such as:

- *unresolved childhood hurts*
- *substance abuse*
- *Domestic violence*
- *Poverty and severe economic stress*

