



## Single Adult Barrier Reduction Exchange (SABRE)

- PARC works with other social agencies to provide rental assistance, short-term health care, basic needs, transportation, and education/job training for 10 specifically qualified underserved, disabled homeless single adults.
- Client must agree to drug screening and to follow his/her Individual Care Plan (ICP) worked out with a team of professionals. ICPs focus on removing the barriers that prevent a client's participation in other programs.

## Supportive Family Living Program (SFLP)

- Seven housing units for homeless families who are highly motivated and determined to be self-sufficient.
- Job training, case management, transportation, child care, health assistance, career, and financial management seminars, as well as support for education.
- Up to 24 months of support to families who have perseverance and a desire to improve their quality of life.

## Step Up to Responsibility (SUTR)

- Pilot program to meet the needs of very low-income single adults and single parent families.
- SUTR provides transitional housing up to 12 months.
- PARC is the lead agency of a collaborative effort with several social agencies.
- Team of professionals works with client to develop ICP, which must be followed for the client to remain eligible.

*Please remember PARC, Inc. in your will, trust or estate plans.*

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**PARC, Inc.**  
Portsmouth Area Resources Coalition, Inc.  
P.O. Box 1183  
Portsmouth, VA 23705-1183

# p·a·r·c

Portsmouth  
Area  
Resources  
Coalition, Inc.  
Since 1982

### Our Mission

*To promote self-sufficiency  
by uniting community  
resources to meet basic  
human needs.*

**PARC, INC**  
P.O. Box 1183  
Portsmouth, VA 23705

Clearinghouse,	
Emergency Assistance,	397-5208
HOME-TBRA	
PARC Family Shelter/SFLP	393-4246
Volunteering & Office	393-7848



**Designate # 5037** for United Way/CCC/CVC  
**Designate # 21105** for CFC

## CLEARINGHOUSE

PARC's Clearinghouse maintains a data base of assistance provided by area human services agencies and PARC member congregations that help hundreds of families and individuals stay in their homes and meet basic human needs. Records are maintained to coordinate sources of assistance and avoid duplication.



## PREVENTION

- Rent and utility assistance for those facing eviction or utility cut-off.
- Weekend feeding program with mid-day meals served by PARC member congregations.
- Food referral system and vouchers as a way of supplementing and bridging gaps in programs like Food Stamps.

## STABILIZATION



## PARC Family Shelter

- A 30-bed (not including cribs) short-term residential facility offering homeless families a new start at a time of crisis due to eviction, fire or other loss of housing.
- Counseling and case management.
- Tutoring for school-age children.
- Well-planned activities for pre-schoolers and parents, including instruction and advice.
- Locating and using existing community resources for families with chronic and systemic problems of dependency and those who lack hope.
- Supportive environment, which fosters change and helps families take positive steps toward self-sufficiency.

## BREAKING THE CYCLE (Federally funded programs)

### Home-Tenant Based Rental Assistance (Home TBRA)

- Provides a maximum of 12 months of tenant based rental assistance to individuals or families who are homeless, reside in a shelter, or are at risk of being homeless.
- Participants MUST agree to work on identified problems, set goals to be completed within the year and work to improve basic life skills. They are encouraged to become involved in the community. Employable adults must be willing to seek and maintain employment.



## BE A FRIEND OF P.A.R.C.

Yes, I want to be a "Friend of PARC" and make a difference with the enclosed contribution of \$

- Please contact me about including PARC in my will or trust.
- I have included PARC in my estate plan. Please contact me.
- I am interested in making a gift of securities. Please contact me.

Name

Address

City  State  Zip

Phone: (O)  (H)



Please clip and  
mail to:

**PARC, Inc.**

P.O. Box 1183

Portsmouth, VA

23705

**Thank  
You!**