

10 Ways to Help FRN

The Family Resource Network has put together a list of ten easy ways you can stay connected with our organization.

1. Receive FRN Electronic Magazines!

If you haven't already done so, join our electronic magazine, E-zines. Each of our affiliates has its own E-Zine keeping you informed of the latest news, trainings offered and upcoming events. Log on to www.familyresourcenetwork.org and add your email address to the affiliate you are most interested in to begin receiving our E-Zines.

2. Set FRN's Website as Your Homepage.

Everytime you open up your internet explorer, our homepage will appear. This will not only boost FRN ratings but enable you to follow upcoming events, news and trainings our organization offers. FRN and its affiliates are updated daily to keep you informed.

3. Join FRN's Facebook Page!

Facebook allows our fans to keep up to date on upcoming events, news and trainings. Look for our affiliate pages: Caregivers of New Jersey, Autism Family Services of New Jersey, Epilepsy Foundation of New Jersey and Family Support Center of New Jersey. Search for events such as Beach Bash and Lifespan Respite.

4. Volunteer!

The Family Resource Network and its affiliates have plenty of volunteer opportunities available that allow individuals to aid in its mission. FRN offers people who have special needs wonderful opportunities through support services, resources and programs that you can become involved in.

5. Host Your Own Fundraiser!

You can make a difference and help support the great work of The Family Resource Network by conducting your own fundraiser to support our mission. Examples include: a bake sale, mini-marathon, dress down day at work, barbecue fundraiser, etc. For more information, go to our website and click "How You Can Help"!

6. "Shop for a Cause"

Support sustainability and "go green" by shopping online. It's economical and environmentally friendly. Go to www.goodsearch.com. Enter "Family Resource Network" under the "Who do you goodsearch for" heading. Then download the goodsearch toolbar to your browser. Each web search or online purchase gives FRN a small % back towards our programs.

7. FRN wants to hear from YOU!

Visit our website to let us know which services are most important to your family. FRN values your input. Thanks for helping FRN to improve services to families across the state.

8. Direct Impact on Our Programs.

Purchase one of FRN's items on our Wish List to help make our programs even stronger. Your support in these tough economic times will help us continue serving our consumers at top level. Our Wish List is located on our website under "How You Can Help".

9. We Love Bloggers!

Keep your readers up to date on upcoming events, trainings and news that our organization provides to you and numerous families across the state. Bloggers have supported us in the past and continue to do so by helping spread the word through their blogs.

10. Twitter!

Follow FRN and Caregivers of NJ on Twitter. We will keep you up to date on upcoming events, online newsletters and press releases. Tweet and retweet our comments!



Please visit www.familyresourcenetwork.org or call 1(800) FRN-2345 for more information on each of our affiliates.