



Children's Board  
HILLSBOROUGH COUNTY

[www.ChildrensBoard.org](http://www.ChildrensBoard.org)

FAMILY  
RESOURCE CENTERS



## Central Tampa Success Story

# Our FCAC Compassionate Leader



**Principles of Family Support #9:  
Principles of family support are  
modeled in all program  
activities, including planning,  
governance, and administration.**

*Children's Board Family Resource Centers  
are funded by the Children's Board  
of Hillsborough County and  
administered by the Healthy Start Coalition  
of Hillsborough County. Managing partners  
include: Champions for Children,  
Children's Home Network,  
Easterseals Florida, Family Community  
Advisory Councils, REACHUP, Inc.  
And St. Joseph's Children's Wellness  
and Safety Center.*

**All programs and services  
are at no charge to  
families and individuals.**



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My name is Samuel Matos, and I truly enjoy being part of the Children's Board Family Resource Centers in Central Tampa family. It has been a fruitful relationship going on for several years since I first came here looking for CPR & First Aid classes and certification (provided by St. Joseph's Children's Wellness and Safety Center). The CBFRC staff makes getting resources really easy by being so friendly and caring. Indeed, they take the time to make sure all your questions are answered, and your needs met.

The Center offers a wide range of educational resources for the whole family, so I thought I would pay back by putting my health educator capabilities at the service of community members. This way, I was able to deliver several presentations about nutrition and other relevant health topics. I was even able to offer free Tai Chi classes as I got certified as a Tai Chi for arthritis and fall prevention instructor.

As I got more involved with the CBFRC, I realized that being a part of the Family Community Advisory Council (FCAC), a supporting body for CBFRC, would give me more opportunities to be in a position of obtain community feedback while proposing new service projects and events based on real people's needs. As a result, I have been serving for about two years now in the FCAC, and as president this past year. I see my tenure in the FCAC as a really rewarding experience, learning to listen to the community and seeing how the Center's initiatives make a difference on people's lives. All in all, I am forever thankful to "my" CBFRC for giving me an opportunity to serve and for providing me with resources I needed at the same time.

Dr. Matos is a community treasure who is valued and appreciated by his peers on the FCAC, CBFRC staff, and our community at large. He displays the confidence, professionalism, compassion, and integrity necessary to fulfill his role as President of the FCAC at Central Tampa.

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