

Parent Support Program

for Parents of children 0-2 years of age

- Designed to support parents facing challenging parenting and family situations
- Clients meet once a week for 6 weeks at \$45 per session
- Program curriculum includes:
 - ✓ Child development
 - ✓ Nurturing parenting
 - ✓ Parenting styles
 - ✓ Child abuse prevention
 - ✓ 48-hour RealCare Baby™ simulation experience
 - ✓ and more!
- Referral source required

**NEW!!!
Parent Support
Program!**

Anger Management Program

- Evidenced based curriculum; tailored program for each individual.
- Clients meet once a week for 12 weeks at \$45 per session
- Program includes:
 - ✓ Recognizing anger triggers
 - ✓ Coping strategies
 - ✓ Conflict resolution
 - ✓ and more!
- Referral source required

Parent Empowerment Class

- 12-session curriculum based on SAMHSA approved parenting class curriculums:
 - ✓ *Nurturing Parenting*
 - ✓ *Parenting Wisely*, and
 - ✓ *Total Transformation*, along with
 - ✓ *RealCare Baby™* simulators
- Wednesdays, 5pm-6:30pm
- \$12 per class (*cash or money order only*)

Kids Hurt Too Co-parenting Education Seminar

- CFGC works with the district court judges and attorneys in Texoma to help divorcing parents understand the impact divorce has on their children and learn how to co-parent more effectively.
- Cost is \$39.95
- **For seminar calendar, additional information, and easy registration please visit our website, www.cfgcenter.org**

Women's Empowerment

- A **FREE** 8-week support service for women who have experienced any life trauma
- Our Curriculum includes:
- ✓ Self-care and self-esteem
 - ✓ Stress management
 - ✓ Relationship skills
 - ✓ Communication skills
 - ✓ and more!



CHILD & FAMILY
GUIDANCE CENTER OF TEXOMA

For more information, please call **903.893.7768**

or visit us online **www.cfgcenter.org**

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