

Family & Children's Services

# COUNSELING SERVICES FOR ADULTS & FAMILIES



Family &  
Children's  
SERVICES

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*Life Changing.*



We are the place to turn to  
when solutions to life's  
problems seem out of reach.

We help individuals and  
families resolve crisis,  
enrich family functioning,  
enhance parenting, and  
help manage unexpected  
life events, challenges  
and transitions.

Our professional staff is here to help make  
a positive difference for you and your family.

At Family & Children's Services, therapy is  
individually tailored to meet your needs.  
An array of effective treatments is available  
for individuals, couples or families struggling  
with different types of concerns and worries:

- » Stress management difficulties
- » Marriage and relationship problems
- » Parenting challenges and family difficulties
- » Divorce adjustment
- » Communication problems
- » Work-related concerns
- » Anger management
- » Anxiety and depression
- » Grief, loss or trauma
- » Mental health issues
- » Aging parents



LIFE CHANGING

"HOW CAN I EVER THANK YOU  
FOR TURNING MY LIFE AROUND AND  
KEEPING MY FAMILY TOGETHER.  
NOW I'M HAPPY AND SO IS MY FAMILY."

# COUNSELING SERVICES

## TREATMENT WORKS.

We address emotional, behavioral or relationship problems you or your family members may have. Together we will set goals and work toward resolving these difficulties to improve your life situation.

Many individuals are affected by stress, trauma, loss, unexpected life events and major life transitions. Highly trained therapists facilitate personal development by working with you to understand problems, identify strengths, encourage positive relationships and improve overall functioning.



## INDIVIDUAL THERAPY

Our professional staff uses a variety of treatments to help you focus on your specific goals. Therapy can increase your sense of well-being, build stronger life skills, change behavior and strengthen relationships.

## GRIEF COUNSELING

We know that grief, loss and bereavement can be overwhelming for some. Our therapists provide specialized counseling that can help you with loss, death or other traumatic life events.

## ANGER MANAGEMENT

Our specialty group services help individuals learn skills to manage anger in a positive manner, which can improve personal relationships and quality of life.

## DIVORCE ADJUSTMENT SERVICES

Our professional staff can help you restore your well-being and assist in your adjustment to this very difficult life transition. We also offer workshops and classes that focus on divorce adjustment.

## ADULT TRAUMA SERVICES

Our specialty staff helps adults recover from traumatic events such as an accident, home invasion, violent crime, death or other life-altering occurrences. We can also help you deal with traumatic childhood events that are still troubling you.

## FAMILY THERAPY

We work with families of all types to develop new ways to improve overall family communication, connections and problem-solving. Our staff assists parents in developing effective parenting strategies for children of all ages.



## POSITIVE PARENTING

Because positive parenting can make such a difference in the life of a family, we offer counseling as well as a variety of parenting classes that focus on different topics for raising children of all ages.

## PREMARITAL COUNSELING

We help couples considering marriage identify areas of compatibility, differences, potential problems and shared goals. Couples can learn skills to strengthen their relationship in therapy or in classes.

## COUPLES THERAPY

We help couples learn new ways to resolve differences and develop loving relationships. Couples who have difficulty expressing themselves learn to get to the heart of the problem and work on ways to improve communication and connection with each other.

## COPES—

### MOBILE PSYCHIATRIC CRISIS SERVICES

Our mobile crisis intervention team provides 24-hour rapid response, stabilization and intervention for adults experiencing an emotional, behavioral or psychiatric emergency in Tulsa County. **Call 918.744.4800.**



## CONTACT US

One call to our appointment coordinators can assist you in determining what services will best meet the individual needs of your child and family.

For more information or to make an appointment, call **918.587.9471.**



## INFORMATION

Our professional services are strictly confidential and are offered regardless of race, religion, gender or income. We have English- and Spanish-speaking staff members. Other translation services are available upon request.

Most services are available regardless of your insurance coverage or ability to pay, which will be discussed when you call to make an appointment. We accept Medicaid, Medicare and other private insurance.

In addition to weekday hours, we offer evening appointments at many locations.

Family & Children's Services does not participate in litigation for child custody or any investigative or forensic assessment.

Family & Children's Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

# CHANGING LIVES FOR 1 IN 6 TULSANS.

Family & Children's Services is a recognized behavioral health care leader in Tulsa, Oklahoma and surrounding communities. We provide an array of specialized programs in mental health, substance abuse and family services. Our dedicated staff heal traumatized and hurting children, strengthen individuals and families, and provide hope and recovery for those battling mental illness and addiction. We give clients hope and set them on the path to recovery and, in the process, make our community a better place for all. Programs are offered through a network of convenient office locations.

## PROGRAMS

- » Child Abuse & Trauma Treatment
- » Family Preservation, Visitation & Reunification
- » Children's Counseling & Mental Health Services
- » Counseling for Adults & Families
- » Mental Health & Addiction Treatment for Adults
- » Psychiatry & Pharmacy
- » Women in Recovery
- » Family Life Education & Parenting Programs
- » Marriage Enrichment Programs
- » Divorce Adjustment Services
- » Crisis Intervention

Family & Children's Services  
650 South Peoria Avenue  
Tulsa, Oklahoma 74120

918.587.9471

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



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