We are the place to turn for help when parenting gets complicated.

Our trained professional staff will help you stay involved in your child’s life and commit to maintaining and enhancing that relationship.

We encourage positive and healthy involvement from both parents and will help you:

» Learn more about what your child needs from you.
» Work out a visitation plan.
» Reduce arguing with the other parent.
» Improve your relationship with your child.
» Find services in your community.
» Improve your relationship with your child’s other parent.

OUR SERVICES
Available to Child Support Services’ customers with an open FGN (Family Group Number).

Mediation & Parenting Planning
Services are designed to help parents agree on a visitation plan that will reflect the best interests of their children.

Supervised Visitation
Services include an initial assessment; observational, supportive or therapeutic supervised visitation; and supervised exchanges

LEGAL REFERRAL SOURCES
Oklahoma Alternative Resources 918.742.8883
Legal Alternatives 918.747.2323
Lawyer Referral Service 918.587.6014

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, regardless of income or insurance.

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

Family & Children’s Services
PARENT CONNECTIONS

www.fcsok.org
PARENTING PROGRAMS
We offer classes to help you learn effective strategies, acquire new skills and develop techniques to improve parenting.

Helping Children Cope with Divorce
You play a critical role in how your child adjusts to changes in family structures. In this four-hour seminar, you’ll learn to facilitate visitation, manage conflict, use effective parenting skills, cope with financial obligations, understand typical reactions to divorce and more.

Cooperative Parenting & Divorce
In this six-week class, either one or both parents learn how to allow children to love both parents, manage anger, take control of conflict, negotiate agreements and more.

Active Parenting for Step-Families
In this six-week class, parents learn realistic expectations, relationship-building skills, effective communication tools and problem solving.

Focus on Family: Surviving High Conflict
In this two-week class, parents will learn how to handle high conflict situations through conflict resolution.

Baby Care
In this three-week class, expecting parents and parents of newborns learn how to respond to infant needs and create a healthy and nurturing environment. Bring your infant and join other parents as you learn to show bonding behaviors, understand infant development, practice positive parenting, differentiate the five core infant emotions and more.

1, 2, 3, 4, Parents!
In this three-week program, parents of 1-4 year olds learn to strengthen the bond between parent and child, positive discipline and how to offer choices and consequences.

Active Parenting Now
Good family relationships and lots of positive attention are just what your child needs to learn and grow. In this six-week program, parents of 5-12 year olds learn how to build cooperation, effective discipline, logical consequences and how to teach responsibility.

Active Parenting of Teens
Home life and family relationships are still the biggest influences on a teen’s development. In this six-week program, parents of teens 13 and older learn about teens and technology, the latest in drug use prevention, how brain development affects behavior and decision making, discipline, communication and teen sexuality issues.

ADHD Parent Coaching
If distraction typically rules your home, learn how to create an environment conducive to peaceful family life. In this six-week class, we’ll coach you on helping your 5-12 year old learn to keep attention focused on tasks, get organized at home and school, play or work well with others and alone and focus on behavior and thoughts.

LOCATIONS & CONTACT

CHILD SUPPORT SERVICES - WEST
440 S. Houston Ave., Suite 401
918.698.1717

CHILD SUPPORT SERVICES - EAST
3840 S. 103rd E. Ave., Suite 109
918.560.1144

CLAREMORE
515 E. Patti Page Blvd.
918.560.1144

SAPULPA
10 N. Mounds
918.698.1717

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.