

Family & Children's Services

# PARENT CONNECTIONS



Family &  
Children's  
SERVICES

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*Life Changing.*



## 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

### 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

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.

#### Focus on Family: Surviving High Conflict

In this two-week class, parents will learn how to handle high conflict situations through conflict resolution.

#### Active Parenting: The First Five Years

This four-week program covers parenting from birth up to age 5 and includes topics about temperament, mindfulness, brain development, self-calming and special needs.

#### Active Parenting Now

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

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.

Please contact our Parent Connections  
Coordinator at **918.560.1144**.

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



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