

Telehealth Services for Fannin County

The Child and Family Guidance Center of Texoma is now offering **FREE** mental health services through telehealth for uninsured and underinsured residents of Fannin County.

\*These services are made possible by a grant through the Fannin County Hospital Authority

Counseling Services

* The Child and Family Guidance Center offers a variety of therapy services including:
  + Individual therapy for adults and adolescents
  + Play Therapy for children ages 3-11
  + Couples and Family Therapy

Please fill out an appointment request form on our website or call our office to get started today!

Telesupport Program

* This **FREE** program offers brief, one-time support for those who have been impacted by the COVID-19 pandemic to provide:
  + Emotional support
  + Up to date local community resources
  + Coping skills

Family Empowerment Program

* A **FREE** 12-week support program for parents and caregivers. Curriculum is designed for individual sessions to:
  + Learn more effective parenting strategies
  + Strengthen family relationships
  + Develop a deeper understanding of developmental stages of children

Women’s Empowerment

* A **FREE** 8-week support group for women who have experienced any life trauma. Our Curriculum includes:
  + Self-care and self-esteem
  + Stress management
  + Relationship skills

**CFGC offers other services that are not provided through this grant to include our Anger Management Program, Parent Empowerment Group, and Psychological Testing.**

*For more information, please visit us online at* [**www.cfgcenter.org**](http://www.cfgcenter.org)

*or call* **903.893.7768**

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