

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**

804 E Pecan Grove Rd. Sherman, TX 75090