



Parent Support Group Now Offered at CFGC

Thursdays at 5:30 PM via Zoom

Parenting is a hard and overwhelming job in the best of circumstances. For all of the joy and wonder that comes with being a parent there is also a lot of self-doubt, fear, guilt, shame, uncertainty, and loneliness. Parents need support and to know that they are not alone in their struggles.

The Child & Family Guidance Center of Texoma's Parent Support Group is held via Zoom on Thursdays at 5:30 PM. The purpose of this group is to provide a safe place for parents to share their struggles and successes in parenthood as well as identify areas where they need advice or assistance while receiving feedback in a positive and respectful manner. Parents learn coping techniques, parenting skills, communication skills, and psychoeducation to support and empower them, increase positive interactions with their families, and protect their mental health.

Our goal is to allow a safe environment for parents to find support within our staff and within each other, as well as to provide them with the tools and confidence to address the ever-changing landscape of parenthood. If you would like to join our Parent Support Group please contact Courtney Maple at cmaple@cfgcenter.org or contact our office at 903-893-7768 and leave your contact information.