

The Project Parenthood Program provides counseling and support at NO COST to participants.



**STRENGTHENING FAMILIES.
SUPPORTING COMMUNITIES.**

GALVESTON OFFICE
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Galveston, Texas 77550
409-762-8636 (phone)

TEXAS CITY OFFICE
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Texas City, Texas 77591
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www.fscgal.org

PROJECT PARENTHOOD



FAMILY SERVICE CENTER'S
mission is to promote the mental health and wellbeing of individuals and families through counseling, education, and prevention.



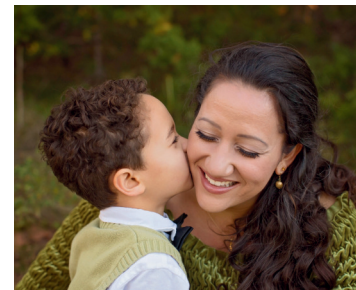
THE CENTER
FOR MENTAL HEALTH
& WELLBEING

"THERE IS NO SUCH THING AS
BEING THE PERFECT PARENT.
SO JUST BE A REAL ONE."
- SUE ATKINS



Contact us via email at
parenthood@fscgal.org
for more
information about
Project Parenthood

Report Suspected Child Abuse or Neglect at
1-800-252-5400
or
txabusehotline.org



THE CENTER
FOR MENTAL HEALTH
& WELLBEING

PROJECT

Are you seeking a supportive space to enhance your parenting skills?

Project Parenthood addresses the unique challenges of caregiving. This trauma-informed program offers individual and family counseling, as well as groups in a collaborative, non-judgmental environment. Explore effective parenting strategies, improve communication, and focus on your role as a parent. Join us to connect with other parents, share experiences, and build a stronger, more harmonious family dynamic.

SUPPORT AREAS

- Learn parenting skills: clear communication, emotional support, conflict resolution.
- Address mental health concerns: PTSD, depression, anxiety.
- Practice self-care to manage stress and maintain well-being.
- Overcome personal obstacles: anger, financial hardship, trauma.
- Balance family dynamics and relationships, including co-parenting.
- Build partnerships and support systems with other parents.

PARENTHOOD

CHOOSE THE GROUP THAT'S RIGHT FOR YOU:

- **Mothers-Only:** Connect with fellow moms to share experiences, discuss challenges, and gain insights specific to mothering.
- **Fathers-Only:** Join a supportive space for dads to explore fatherhood, exchange tips, and address unique parenting issues.
- **Caregivers:** Engage in diverse discussions with both mothers and fathers, fostering a balanced perspective on parenting challenges and strategies.
- **Youth:** Allow children to engage while learning about themselves and with similar situations or concerns. Various topics will be addressed throughout groups for children of different age levels and areas of focus.

Find support, share your journey, and enhance your parenting skills in a program that fits your needs.

PROVIDES

ELIGIBILITY REQUIREMENTS

Be a parent, expecting parent or parent figure to at least one child the ages of 17 or younger.



**FAMILY SERVICE CENTER**
EST. 1914

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