

The Fatherhood Program provides therapy and Fatherhood Groups at **NO COST** to participants.

STRENGTHENING FAMILIES.
SUPPORTING COMMUNITIES.

GALVESTON ISLAND LOCATIONS

GALVESTON OFFICE
2200 Market Street, Suite 600
Galveston, Texas 77550
409-762-8636 (phone)

MAINLAND LOCATIONS

DICKINSON OFFICE
2401 Termini Street, Suite C
Dickinson, Texas 77539
281-576-6366 (phone)

www.fscgal.org

T H E FATHERHOOD P R O G R A M



"Fathering is not something perfect men do, but something that perfects the man."
- Frank Pittman, MD



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



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

or
txabusehotline.org



Eligibility Requirements

Be a father or father figure to at least one child between the ages of 0 - 17.

FATHERHOOD PROGRAM SERVICES

Therapy

Therapy is a talk-based process that is scientifically proven to help people overcome struggles in their lives. You define the goals of therapy because you are the expert on your life. The therapist's role is to provide support and give you the tools to help resolve problems, cope with difficult emotions, and identify negative thought patterns.

Types of therapy we provide:

Individual Couples Family

Fatherhood Groups

Hearing about the experiences of other men and fathers can be powerful. Our Fatherhood Groups can help you improve your fathering skills in a supportive, all-male environment. Group meetings consist of focused discussions around fatherhood topics such as positive discipline strategies, co-parenting, effective communication, and manhood.

Free FOOD and DRINKS provided

Support Areas

- Reduce your stress level
- Overcome personal obstacles such as anger, financial hardship, lack of support, trauma, and others.
- Strengthen your relationship with the mother of your children, your spouse/partner, children, and family.
- Learn new parenting skills.
- Learn ways to improve your child's school performance and behavior.
- Address mental health concerns such as PTSD, depression, and anxiety.



For more information:
including group locations
and times, visit
www.fsc-galveston.org

To make an appointment call
409-762-8636