



Who can Apply?

You may receive Family Planning Program benefits whether you are female or male. You may receive benefits if you:

- are a resident of Texas;
- are 64 or younger; and
- have an income that is the same as or less than 250 percent of the amount allowed for your household as stated in the Federal Poverty Guidelines.



Areas we Serve:

Galveston
Brazoria
Harris
Liberty
Chambers

 www.fscgal.org

 409-762-8636

 fscintake@fscgal.org

TEXAS CITY LOCATION- MAINLAND
10000 EMMETT F. LOWRY EXPWY,
SUITE 4000-300D
TEXAS CITY, TEXAS 77591

GALVESTON LOCATION
SHEARN MOODY PLAZA (7TH FLOOR)
123 ROSENBERG ST. GALVESTON, TX 77550

BAYTOWN LOCATION
4721 GARTH RD. BAYTOWN, TX 77521 SUITE-B-400

Scan
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FAMILY PLANNING PROGRAM



Empowering healthy minds for future ready families.



Family Planning Services
Mental Health Counseling

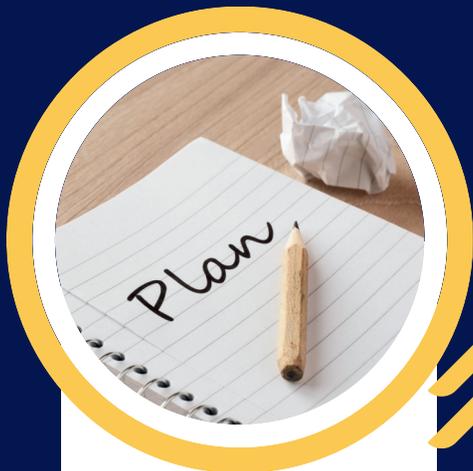


What is the Family Planning Program about?

Through funding from the Family Planning Program, this grant enables **Family Service Center** to provide accessible, low-cost or free mental health counseling to eligible women and men across Texas.

We now offer mental health counseling to address the emotional and psychological needs that impact overall well-being.

Call our number to see if you qualify.



Benefits:

The program offers a wide range of family planning and related health services, including:

- Counseling for perinatal depression and anxiety
- Postpartum depression and anxiety
- Pregnancy and child loss
- Substance use disorder



Our Services

Fatherhood Program

Provides free counseling and parenting groups for fathers and their families in Galveston and Wharton Counties. These group meetings center around important fatherhood-related topics, including positive discipline strategies, co-parenting, effective communication, and manhood. An eligible participant must be a father or father-figure to a child between the ages of 0-17.

Motherhood Program

Provides a safe and supportive space where we empower, educate, and create a community for all maternal figures. We'll discuss various topics in a fun and engaging format, including self-reflection, connecting with your child, avoiding burnout, recognizing overstimulation.