



Ask a Child Therapist: A new, FREE resource for parents and guardians

It's been a rough six months for our children and teens. If you're worried about your child's well-being or mental health, there's a new, free source of help available.

Ask a Child Therapist is a new, limited-time initiative of Family Service & Guidance Center. Parents and guardians who have concerns about troubling changes in behavior, anxiety, depression, ADHD or other mental health issues can have a 15-minute phone consultation with a member of FSGC's professional staff. There is no charge.

To request a consultation, visit [FSGCtopeka.com/ask](https://www.fsgctopeka.com/ask) and submit the short information form. A FSGC therapist will contact the parent or guardian by phone within two business days. Ask a Child Therapist will be available until 5 p.m., October 31, 2020.

If you're concerned about your child, please take advantage of this opportunity.

→ Visit [FSGCtopeka.com/ask](https://www.fsgctopeka.com/ask) today! ←



FAMILY SERVICE &
GUIDANCE CENTER

Please note: If your child is a current FSGC client, please continue to consult and work with their therapist or other member of their treatment team.