



Who we are

The mission of the Family Guidance & Outreach Center of Lubbock is the prevention of child abuse and neglect throughout the South Plains.

Our goal is to provide support, life skills and education to families and children in need. In enhancing self-esteem, communication and family unity, Family Guidance & Outreach hopes to create a positive environment in which children can grow.

Contact Us

#5 Briercroft Office Park
Lubbock, Texas 79412

Phone: (806) 747-5577

Fax: (806) 747-5119

Email: admin@fgoclubbock.org

Web: familyguidancecenterlubbock.org

Find us online!



Family Guidance
& Outreach Center
of Lubbock

A Guide to Our Programs



Table of Contents

Overview of Programs.....	1
Dino Might Tykes	2
Anger Wranglers	3
Girls to the 6 th Power	4
Gear Up for 6 th Grade.....	5
Coaching Teen Leaders	6
Shaken Baby Syndrome Education.....	7
How to Schedule	8
Outlying Areas.....	9
Frequently Asked Questions	10
Parenting Guidance Center	11
Our Wish	12
Our Impact	13

Our Impact

May 1981 – May 2015

...trained over **2,004** volunteers to work in the area of child abuse prevention;

...provided over **175,596** hours of volunteer service to the community;

...gave over **4,250** educational programs;

...received over **190,731** calls requesting assistance;

...and touched the lives of more than **155,715** parents and children.



Our Wish

Children



We hope to one day see a world without child abuse and neglect, a world filled with positive, healthy children who can learn in their environment and grow up to achieve their goals and dreams.

Adults



We hope to one day see a world filled with educated and self-assured parents who carry with them tools to take proper care of their children and themselves.

Families



We hope to see a world one day where children can model themselves after their parents, grandparents and other caregivers, a world where families are caring, resilient and unified.

Overview of Programs

Elementary School



Several programs are available to students at the Elementary level. *Dino-Might Tykes* and *Anger Wranglers*, our two anger management programs; *Girls to the 6th Power* and *Gear Up for 6th Grade*, our girl's and boy's programs targeting successful transition to middle school. *Shaken Baby Syndrome Education* is also offered to elementary school students.

Middle School & High School



Coaching Teen Leaders is offered to middle school and high school students. This program discusses the difficulties that come with being a pre-teen or teen. *Shaken Baby Syndrome Education* is also offered to students in middle and high school.

Shaken Baby Syndrome Education



Many students are involved in the care of infants. *Shaken Baby Syndrome Education* discusses the physical, social, and legal consequences that come from shaking a child. This program is offered to students at all levels, as well as adults.

Dino-Might Tykes



Dino-Might Tykes is a dinosaur-themed anger management program for children in kindergarten and 1st grade.

Children will learn to identify their different emotions and positive ways to control their anger.

This program is offered to classrooms in five lessons, scheduled for five different visits. Each lesson lasts 30 to 40 minutes.

Lesson 1 – What do we know about being angry?

Lesson 2 – What makes us angry?

Lesson 3 – Who can help us?

Lesson 4 – What are our choices?

Lesson 5 – Dinosaur Plan!

Parenting Guidance Center

Family Outreach Center of Lubbock was organized in 1981 as a non-profit agency with four sponsoring organizations: Junior League of Lubbock, Texas Department of Family and Protective Services, the Lubbock YWCA, and Westminster Presbyterian Church. The major emphasis at that time was to provide in home services to families at risk for abuse and neglect. The state provided a casework manager, and the agency recruited, trained and supervised community volunteers as family mentors. The mission of the agency was to prevent the abuse and neglect of children. The agency has thrived in the community for the past 34 years as it reaches out to families to provide tools and support to help facilitate change within the family.



Today, the Family Guidance & Outreach Center of Lubbock continues to dedicate its efforts to the prevention of child abuse and neglect. Staff members, along with volunteers and certified professionals from the community, work together to mentor and educate parents and caregivers through our free parenting and anger management classes in our **Parenting Guidance Center**. Family Guidance & Outreach offers several parenting and anger management classes each week, educating caregivers on a broad scale of topics ranging from “Q & A with Pediatricians” to “Rebuilding after Divorce”.

If you would like to learn more about our parenting and anger management classes please contact us at admin@fgoclubbock.org, call our office (806) 747-5577 or visit our website familyguidancecenterlubbock.org.

Frequently Asked Questions

Should a school representative be available during presentations?

- Yes. It is a requirement, and part of Family Guidance & Outreach Center policy, that a school representative be present in the room during all programs and presentations.

Are all programs offered during the school year?

- Yes. All school programs (*Dino-Might Tykes*, *Anger Wranglers*, *Girls to the 6th Power*, *Gear Up for 6th Grade*, *Coaching Teen Leaders*, and *Shaken Baby Syndrome Education*) are offered during both the fall and spring semesters.

Can students start in the middle of a 5 week program?

- No. It is recommended that students start at lesson one and finish the program.

Are your presentations just for students with bad conduct?

- No. Our programs are beneficial to all students, regardless of their behavioral record.



Anger Wranglers

Anger Wranglers is a western-themed anger management program for children in 2nd, 3rd and 4th grade.

Children will identify how anger and other emotions look and feel, and will learn ways to “round up” their anger with the use of calming techniques and steps to follow before making their choices.

This program is offered in small groups of 8 to 10 children in 5 lessons. Each lesson lasts 30 to 40 minutes.



Lesson 1 – How does anger look and feel?

Lesson 2 – What triggers anger?

Lesson 3 – How do we manage and respond to anger?

Lesson 4 – What are our options?

Lesson 5 – Take Action!

Girls to the 6th Power

Successful Transition to Middle School for Girls

The transition from elementary school to middle school can be difficult. This girls-only group will cover many topics including dealing with peer pressure, managing emotions, improving communication, body image, and building self-confidence.

Girls to the 6th Power is offered to 5th grade girls in small groups of 10 to 12 in five lessons. Each lesson lasts 30 to 40 minutes.



Lesson 1 – Self Esteem

Lesson 2 – Body Image

Lesson 3 – Understanding Emotions

Lesson 4 – Building Healthy Friendships

Lesson 5 – Communication & Social Media

Outlying Areas

- Family Guidance & Outreach does travel outside of Lubbock County
- Ask about our minimum amount of students per program
- Family Guidance will travel 60 miles out of Lubbock
- Please schedule 3 weeks in advance



How to Schedule

- Call our office at **(806) 747-5577**
- Email our Program Presenters:
Kim Vann: kvann@fgoclubbock.org
Donna Lewis: dlewis@fgoclubbock.org
- All of our programs can be presented during both the fall and spring semesters
- Most sessions are 30 to 40 minutes long
- Program Presenters fill their schedules on a first-come, first-serve basis
- Class sizes are limited to a maximum of 10 to 12 students – Shaken Baby Syndrome Education can be presented to larger groups



Gear Up for 6th Grade

Successful Transition to Middle School for Boys

Transitioning from elementary to middle school can be difficult for many young men. This program helps 5th grade boys transition to middle school by focusing on how to organize materials, the importance of good hygiene and personal grooming, how to make friends, how to achieve academic success, and dealing with bullying.

This program is offered to 5th grade boys in small groups of 10 to 12 in five lessons. Each lesson lasts 30 to 40 minutes.



Lesson 1 – Gearing Up

Lesson 2 – Appearance & Hygiene

Lesson 3 – Building Friendships

Lesson 4 – Academic Success

Lesson 5 - Bullying

Coaching Teen Leaders

Managing Obstacles on Your Journey to Success

Being a pre-teen or teen is difficult. Between the pressures of school, home and daily life, teens can have a tough time controlling their responses to anger, stress, and frustration.

Coaching Teen Leaders is a curriculum which assists pre-teens and teens in understanding different perspectives, staying in control under pressure, knowing their core values, and setting/achieving personal goals through hard work.

This program is offered to middle school and high school students in groups of 10 to 12 students. This program contains four lessons, each lasting 30 to 40 minutes.



Shaken Baby Syndrome

Many students are involved in the care of infants and young children, whether the child belongs to a friend, relative, sibling, or themselves. This presentation will discuss Shaken Baby Syndrome – explaining physical, social, and legal consequences, providing tips on what to do when an infant cries and discussing with students how they can manage anger and stress in their lives in an effort to never become so out of control that they injure a child who is in their care.

Students and adults need to know how to calm a crying baby and, more importantly, need to learn the tools to keep themselves calm if they cannot soothe the infant.

This program is offered in many different formats. Family Guidance & Outreach Center is available to come to your campus or organization and speak to a large assembly, or to smaller classes.

This presentation is a one-time, 30 to 40 minute presentation.

