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F&CS MONTHLY NEWSLETTER



F&CS employees join others for Tulsa MLK Parade

On a majestic, summerlike day, Family & Children's Services (F&CS) employees and family members took part in the 44th Annual Martin Luther King Commemorative Parade. This is the first year F&CS employees took part in the parade in addition to observing Martin Luther King Jr. Day as a paid holiday. F&CS values culture and diversity in all aspects of its work. The agency recognizes the importance of honoring and celebrating the diversity within their community, including different races, ethnicities, and cultures.

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CONTINUING MLK COVERAGE: Family, friends recall the legacy of the Tulsa MLK Parade

Fallyn Alexander at Family & Children's Services remembers joining her grandmother Patricia Bryant and Jackie Terry at the parade each year as a young child along with other youth. Patricia and Jackie coordinated the parade and local MLK events for more than 30 years.



F&CS clients gifted holiday cheer from donors

During the holiday season, 213 donors provided gifts and basic needs for 2,128 Family & Children's Services (F&CS) children and families in need through the annual F&CS Holiday Assistance program.

WATCH THE VIDEO



Parenting quick tips during stressful times

Our experts want to share their list of mental health tips for parents, helping kids to help during stressful times. These tips will focus on the struggles with home routines, isolation, ways to schedule days and fun things to do with your children.

LEARN MORE



Download the 2023 calendar, a gift to you

Thank you for supporting Family & Children's Services!
Please enjoy your 2023 free calendar download, our gift to you.

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Pop: Brainiac Ball presents more options for a fun-filled night

Brainiac Ball pops into 2023 with more fun, an extra trivia round, and more time to dance.

This brain-busting, trivia gala will be held Saturday, March 4, 2023, in the Cox Business Convention Center's Grand Hall. Esteemed guests will experience a night filled with dinner, laughter, celebration, raffles, trivia, dancing and more.

LEARN MORE

ICYMI: IN THE NEWS



Ever heard of “Dry January?”

Dr. Stevan Lahr, our medical director, recently spoke to KOTV News on 6 about the mental health benefits of not drinking alcohol and how to know if alcohol is a problem.

WATCH VIDEO

Follow us on social media for all the latest news and updates.

Family & Children's SERVICES

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