



FSGC, KSNT to offer “Ask a Child Therapist” call-in event
FSGC professionals will offer practical advice over the phone

Raising healthy kids in today’s world is hard. When a parent asks for help, it isn’t an admission of failure; it’s the sign of a parent who wants the best for their child.

That’s why Family Service & Guidance Center is partnering with KSNT News to present “Ask a Child Therapist” on **Thursday, May 24, from 5-7 p.m.**

Parents will have the opportunity to talk over the phone with a mental health professional about what is typical behavior as children grow up and what may be something more serious. Concerns could include trouble making friends, anxiety, depression, struggling with staying focused in school or being defiant at home.

“We’re very excited to offer this unique opportunity to northeast Kansas parents,” said Brenda Mills, Family Service & Guidance Center CEO.

A special phone number will appear on the screen starting with KSNT News’ 5 p.m. newscast and will run until 7 p.m. Parents can call anytime between 5 and 7 p.m. Due to the number of anticipated calls, calls will be kept brief.

“Ask a Child Therapist” is not therapy, and FSGC professionals will not be providing a diagnosis; however, Mills believes the chance to visit with a therapist will be very helpful to parents who call.

She said, “The FSGC staff members who will be answering phones are all committed to helping out as much as they can during a short phone call. It’s our hope to give parents some practical advice and help them begin to get a handle on what their child is dealing with.”

Family Service & Guidance Center is a non-profit community mental health center that serves over 11,000 children, adolescents and their families living with anxiety, depression, ADHD and other mental health issues. FSGC has been changing children’s lives for the better since 1904.

For more information on “Ask a Child Therapist” or to learn more about any of FSGC’s programs or services, contact Pam Evans, FSGC Director of Marketing & Development, at 785.232.7902 or pevans@fsgctopeka.com.