



# Parent Education Resources

The challenges of raising children can be difficult. The resources below can provide some relief to assist you and your family.

## **CAP Tulsa**

CAP Tulsa, a community action agency, is focused on interrupting the cycle of poverty. We provide high-quality early education services for young children, as well as a range of supportive services designed to improve the economic status of their parents.

<https://captulsa.org/what-we-offer/for-our-families/>

In addition to taking part in our high-quality structured and engaging parenting programs, families are encouraged to participate in all school events throughout the year, including monthly Family Connections meetings. Topics include nutrition, health, stress management and life transitions.

## **Family & Children Services**

<https://www.fcsok.org/safecare-parenting/>

SafeCare® Home-Based Parenting

Are you or someone you know overburdened caring for children ages 0-5?

Through F&CS's SafeCare® home-based services, parents and caregivers receive training and support to ensure children's safety and well-being.