



**CHILD & FAMILY**  
GUIDANCE CENTER OF TEXOMA  
Where help, hope and healing begin

## February Case Management Newsletter



Can you believe we're already in February? Time is flying by! We hope your year has been off to a great start and that you're staying warm.

We invite you to take a moment to look over our Case Management Newsletter, where we've included important events for the month, helpful resources, and a list of free or affordable events happening in Grayson, Cooke, and Fannin counties.

We hope you find this information useful and inspiring!

### Free/ Affordable Local Events

We've created a list of local events happening in the area, and we'd love for you to check them out!

Whether you're looking for family-friendly activities, community gatherings, or something fun to do, there's something for everyone. We hope you enjoy exploring what's happening nearby and have a fantastic February!



Local Activites

### Black History Month

Black History Month, celebrated every February, honors the contributions and achievements of African Americans throughout history while acknowledging the struggles they have faced in the fight for equality and justice.

We've attached a link to the Smithsonian's feature on "Invisible Changemakers," which showcases the often-overlooked pioneers and

# BLACK HISTORY MONTH 2025



trailblazers who have made lasting contributions in various industries. Take a moment to explore their stories and celebrate their incredible legacies!

Invisible Changemakers of Industry

## Random Acts of Kindness Day

February 17th is Random Acts of Kindness Day—a perfect opportunity to spread a little extra joy and compassion!

The Random Acts of Kindness Foundation offers incredible resources, including ideas, activities, and lessons that can be used at school, home, or work to help make the day truly impactful.

Take a moment to explore their tools and consider how you can share kindness on the 17th (and every day!). Even small gestures can make a big difference in someone's life. Let's take this chance to uplift others and inspire a ripple effect of kindness in our communities! ☐



Make Kindness the norm



## Needing Resources?

We're excited to announce that our website has undergone a fresh redesign, making it easier for you to explore and access everything you need for 2025!

We'd love for you to check out the new features and enhancements. If you have any questions or need assistance, don't hesitate to reach out to Alexis, our Case Manager. She's here to help and make sure you have all the support you need.

[CFGC Case Management Resources](#)



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