



# The Parenting Center

*Providing Families the Tools to Succeed*



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## The Empowering Families Project

In October 2011, The Parenting Center was awarded a grant from the Administration of Children and Families to implement the Empowering Families Project, a new healthy marriage program. Three employees from The Parenting Center flew to Washington D.C. in December to attend the Healthy Marriage and Responsible Fatherhood Entrance Conference to prepare to implement the new project.



Amanda (Outcome & Support Coordinator), Barbara (Executive Director), Charles Sutton (Federal Project Officer, OFA), and Jennifer (Project Director) on the last day of the conference in Washington D.C.

**Empowering Families** is designed to increase family self-sufficiency, marital/relationship stability and satisfaction, earning power and employment rates. In addition, The Parenting Center will collaborate with Catholic Charities of Fort Worth and SafeHaven, to provide appropriate services. Enrollment into the Empowering Families Project will begin in February 2012. [Please visit The Parenting Center for information about enrolling in the new project.](#)

*BNSF Supports the Parenting Education Program in Schools (PEPS) for Third Straight Year*

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### **The Parenting Advice Line**

Finding it difficult to communicate with your distant teenager?  
Feeling like an outsider in your step-family? Call the **FREE**, confidential PAL Line at **817-332-6399** for parenting advice.  
Monday - Friday 12:00 - 3:00 p.m.

On Friday, January 13th, the BNSF Director of International Marketing, William Foust, presented a check to The Parenting Center in the amount of \$5,000 to fund the *Parenting Education Program in Schools* (PEPS) for the third year. Barbara Lamsens, Executive Director, was on hand to accept this generous donation.



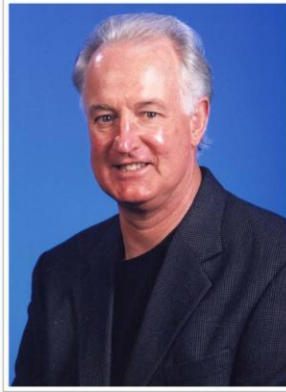
Bill Foust presents \$5,000 in PEPS funding to Barbara Lamsens, Executive Director

The BNSF Foundation is dedicated to promoting programs that prevent spousal and child abuse, like PEPS. Since 1980, Tarrant County area school districts have come to rely on The Parenting Center to provide PEPS, an interactive, three-day child abuse prevention program, to students who are enrolled in the required Health I course. In PEPS, youth learn ways to recognize and prevent child abuse, create healthy relationships, and utilize positive parenting skills.

PEPS currently reaches close to 6,500 students each year. The knowledge youth gain through PEPS may be the only education they receive in their entire lifetime that provides them with the tools to break a generational cycle of abuse. Thank you, BNSF, for providing high school students with the opportunity to build strong families!

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**Building Strong Families Luncheon:  
*Coaching Your Kids to Be Leaders***



**You are invited to be on the forefront of helping young people reach their leadership potential.**

Please join The Parenting Center for a special Luncheon event with keynote Pat Williams, co-founder and Senior Vice President of the Orlando Magic and father of 19 children (14 of whom were adopted from four nations).

Speaking on the topic of his best-selling book *Coaching Your Kids To Be Leaders*, Mr. Williams will teach you the seven keys to unlocking leadership potential in children. You will learn how to motivate and inspire young people to avoid common pitfalls, become leaders in every aspect of their lives and achieve a lifetime of success.

We are delighted to honor three distinctive fathers and leaders in our community:

**Dr. Tom Rogers**

Retired pediatrician with Cook Children's Medical Center. The Parenting Center Founding Board member and First Elected President in 1976.

**Rev. Warner Bailey**

Retired Presbyterian Minister. The Parenting Center Board member from 1983 to 1988 and President in 1986.

**Mr. Whit Smith**

President and Founder of The Whitney Smith Company, Inc. The Parenting Center Board member from 1991 to 1996 and President in 1993.

Special Recognition will be given to **Mr. Valleau Wilkie, Jr.**, retired Executive Vice President of the Sid W. Richardson Foundation, for his decades of service to children and families at The Parenting Center.

[Register Now](#)

**Thursday, April 5th**

11:30 a.m. - 1 p.m.

Colonial Country Club

3735 Country Club Circle, Fort Worth

Tickets start at \$85

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### Parenting Tip 101:

The next time you find yourself arguing with your teen, take a deep breath, sit down, and listen to them. According to an NPR article from *All Things Considered*, teens of parents who adopted this method were found to be 40% more likely to say "no" to drugs and alcohol than kids who backed down from arguing. [Read More.](#)

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### Upcoming Nurturing Parenting Series at The Parenting Center

The **nurturing parenting philosophy** states that parenting is learned - the way parents were raised directly influences the way they raise their children. The Nurturing Parenting program helps parents learn nurturing behaviors in place of others that may be hurtful to children.

The Nurturing Parenting Series is designed to build nurturing parenting skills. Parents and children attend separate groups that meet concurrently with cognitive and affective activities. These activities are designed to build self-awareness, positive self-esteem and empathy, teach alternatives to yelling and hitting, enhance family communication and awareness of needs, replace abusive behavior with nurturing, promote healthy physical and emotional development and teach appropriate role and developmental expectations.

**Please join us for our next [eight-week Nurturing Parenting Series:](#)**

*The date for the upcoming Nurturing*



*Parenting Series has changed to:*  
**Thursdays, starting on Thurs., January 26th**  
**Tuesdays, starting on Tues., February 21st**  
**6:00 - 8:00 p.m.**  
**The Parenting Center**  
**2928 West 5th Street, Fort Worth 76107**



The Parenting Center / 2928 W. 5th Street / Fort Worth, Texas 76107 / (817) 332-6348