



The Parenting Center

Providing Families the Tools to Succeed



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Know Your FACTS



Here's an interesting FACT: Children with actively involved and responsible fathers

- Do significantly better in school - academically and emotionally
- Are less likely to be involved with drugs or other substance abuse
- Are less likely to become delinquent or involved in crime
- Are less likely to become teen parents

So, what can be done for children in families that are living separately or struggling to maintain healthy relationships? In addition to its other preventative programs, The Parenting Center has partnered with Workforce Solutions to strengthen families. How? **It starts with the fathers.**

Through the Fathers and Children Together (FACT) federal grant, The Parenting Center provides the Level I and II Nurturing Parenting series, and Co-Parenting and marriage / relationship classes at no cost for low-income fathers. Additionally, fathers enrolled in the program receive

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Part of your purchasing price is donated to The Parenting Center.

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.

employment assistance, job-related education / training, financial management education and other services that will improve their ability to build a stronger family. No other partnership in Tarrant County addresses the problem of children and fathers living apart as comprehensively as FACT.

The FACT participants who have already completed both Nurturing Parenting series "have made huge gains in their knowledge of positive parenting practices," states Suzanne Stevenson, Family Life Education Program Manager, "especially when compared to parents who have only completed Level I. These individuals are leaving here with an improved knowledge and understanding of what it means to be a good, healthy parent." The fathers enjoy the series as well: "I thought the class was very helpful. I wouldn't change a thing!" states one participant.

FACT is funded through a federal grant from the Department of Health and Human Services, called Pathways to Responsible Fatherhood. The goal is to strengthen families from a unique father-focused approach. This grant focuses on several of the top issues that determine family stability and health: parenting and relationship skills, income, education level and job security. Fathers who are interested in enrollment must:

- Have at least one child, age 16 or under
- Live 200% or more below the poverty level
- Legally reside in Tarrant County

For questions or to enroll in the program, contact Workforce Solutions 817-710-7888 or email fact@workforcesolutions.net.

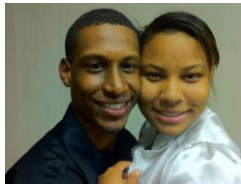
*Source: Workforce Solutions for Tarrant County

Monday - Friday 12:00 -
3:00 p.m.

Parenting Fact 101:

A new study from Carnegie Mellon University finds that being a parent may reduce your risk of catching a cold. Really? [Find out more.](#)

Empowering Families. Impacting Families.



What are some of the things that the 418 Empowering Families relationship class participants are saying about the program?

- "This workshop was an eye-opening experience. Sometimes I don't realize there are many things I can improve on. This class helped me see them."
- "[We would recommend this class] because it brings to light the real-life issues that most of us don't even see are deteriorating our relationship."
- "Thank you for this class. I have the tools I need to make the second time around work."

After launching on Valentine's Day 2012, this marriage and relationship education program is well on the way to exceeding its goal of promoting healthy, stable marriages in Tarrant County to hundreds of couples: Empowering Families has already reached 65% of the expected number of

people it will serve after just five months from launching. Services have been translated for families that speak French, Spanish, Swahili and Nepali. And among the individuals who have already completed the class, 70% reported that they believe taking the course will increase their relationship satisfaction and stability; all of them stated that they would refer the program to a friend.

Both single individuals and couples who are enrolled in the Empowering Families Project are required to complete an eight hour marriage or relationship skills class, then are recommended to take booster classes at three and six months from completing the first class. However, the success of Empowering Families lies in its unique approach to tackling the many problems that threaten a relationship's health: all program participants complete a screening to identify and address the family or couple's needs so that they can be referred to job/career advancement, financial education or family support services if needed.

"If you want to save a relationship, you have to understand the root of the problems that the couple is facing and tackle them, one by one," states Jennifer Acker, Empowering Families Project Manager. For many, those problems stem from financial or employment concerns. One study indicates that 80% of individuals who live in poverty report that divorce and separation was a strong contributor to their poverty (Lerman, 1996). Local demographics support this finding as 85% of individuals served by the Housing Authority within Tarrant County are divorced, separated, or never married (2011).

Additionally many individuals are currently receiving family support services through Empowering Families before even enrolling in the eight hour relationship class. "This demonstrates that outside factors have as much of an influence on impacting a relationship's health as the ability to apply positive relationship skills," states Acker. Simply put, individuals who enroll in Empowering Families have a much greater chance of increasing their marital/relationship stability than those who enroll in traditional marriage/relationship programs.

Want to learn more? See how Empowering Families is impacting the lives of couples in Tarrant County by viewing our [Facebook album](#) or call us at 817-632-5529.

Date Night

The Healthy Marriage Healthy Families Coalition is having its first Marriage Enrichment Group Date Night event on Friday, July 27th. [Click here to register online for this free event.](#)

What Do YOU Want From The Parent Pages?

Please take this **60 second** survey to help us tailor The Parent Pages newsletter to your interests.

[Click Here for Survey Monkey Questionnaire](#)

Your opinion is valuable to us and helps improve the content that you read in our newsletters each month.

Upcoming Series: Parenting Your Teen

Register for one class or **all three**



COMMUNICATING WITH YOUR TEEN

Monday, July 30, 6:00 - 8:00 p.m.

- Understand teen behavior and brain development
- Improve communication
- Learn negotiation, compromising and problem solving skills

TEEN DISCIPLINE: DEAL OR NO DEAL

Monday, August 6, 6:00 - 8:00 p.m.

- Understand the difference between discipline and punishment
- Learn effective discipline techniques and communication strategies
- Identify appropriate vs. inappropriate behavior

CONFLICT RESOLUTION

Monday, August 13, 6:00 - 8:00 p.m.

- Learn how to create win-win situations
- Discover different styles of dealing with conflict
- Understand the dynamics of conflict

[Register and pay for all 3 classes in advance and receive a coupon for \\$10 off a future individual workshop.](#)

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