



JAN-MAR  
2021

Certificate  
of  
Completion

To register for classes or for more details go to [theparentingcenter.org](http://theparentingcenter.org)  
or call **817-332-6348** (se habla Español).

FREE  
Workshop

Due to the recent COVID-19 pandemic, we will be hosting most classes online.  
Locations for each class are listed below; if you have any questions please call 817-332-6348.

## PARENTING WORKSHOPS

Cost: \$20 in advance, \$30 the day of. Each additional household member is \$5. All classes will be live-streamed online on Tuesdays from 6:30–8:30 p.m.

Parenting Styles	Jan 12
Birth Order	Jan 19
Building Self-Esteem	Jan 26
Improving Communication	Feb 2
Developing Responsible Children	Feb 9
Positive Discipline	Feb 16
Making Rules and Enforcing Consequences	Feb 23

Parenting Styles	Mar 2
Birth Order	Mar 9
Building Self-Esteem	Mar 16
Improving Communication	Mar 23
Developing Responsible Children	Mar 30

Cost: \$20 in advance, \$30 the day of. The following classes will be live-streamed online on Thursdays from 6:00–8:00 p.m.

Parenting the Strong-Willed Child	Jan 14
Parenting a Child with ADHD	Feb 11
Discipline and Your Teen	Mar 11

## FAMILY TRANSITIONS

Cost: \$45 in advance, \$60 the day of. The following classes will be live-streamed online.

Co-Parenting Essentials	Saturday	Jan 16	9:00 a.m.–1:00 p.m.
Kids First	Saturday	Jan 23	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Friday	Jan 29	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Saturday	Feb 13	9:00 a.m.–1:00 p.m.
Kids First	Saturday	Feb 20	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Friday	Feb 26	12:00 p.m.–4:00 p.m.
Co-Parenting Essentials	Saturday	Mar 6	9:00 a.m.–1:00 p.m.
Kids First	Saturday	Mar 13	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Friday	Mar 19	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Saturday	Mar 27	9:00 a.m.–1:00 p.m.

## EN ESPAÑOL

Costo: \$ 20 por adelantado, \$ 30 el día de. Las siguientes clases se transmitirán en vivo en línea los jueves de 6:00–8:00 p.m.



Disciplina Positiva	Jan 28
Haciendo Reglas e Implementando las Consecuencias	Feb 25
El Niño con Comportamiento Dificil	Mar 25

## REFRESHER



These **NEW** and **FREE** workshops are quick refreshers for parents. Not only will you get tips and tricks on the below topics, you will receive discounts for our other workshops! All classes are live-streamed online on Thursdays from 5:30–6:30 p.m.

Balancing Work & Family	Jan 28
Strong-Willed Child	Feb 18
Brain & Behavior	Mar 18



# FWISD PARENTS & CHILDREN

**FREE** series of 8 classes that's open to parents or caregivers to children currently attending a FWISD school. There are additional dates available if needed.

## PRE-TEENS & TEENS

	Nuturing Parenting	Wednesdays	Jan 20—Mar 10	11:00 a.m.—1:00 p.m.
	Nuturing Parenting	Thursdays	Jan 21—Mar 11	5:00 p.m.—7:00 p.m.

## SCHOOL-AGED CHILDREN

	ACT: Raising Safe Kids	Tuesdays	Jan 19—Mar 9	9:00 a.m.—11:00 a.m.
	ACT: Raising Safe Kids	Wednesdays	Jan 20—Mar 10	1:00 a.m.—3:00 p.m.

## EN ESPAÑOL

	ACT: Criar Niños Seguros	Miércoles	Jan 20—Mar 10	10:00 a.m.—12:00 p.m.
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## OTHER SERVICES

### COUNSELING & PLAY THERAPY

TPC continues to provide services for individuals, families, couples and children (play therapy) via tele-counseling with immediate openings. For information on pricing or to schedule an appointment, please call 817-332-6348. *Most health insurance plans and Medicaid are accepted.*

### PERSONALIZED PARENT COACHING

Our Parent Coaching is designed to help the whole family through individualized help and parent-child activities, building your relationship based on trust. This program focuses on your family's strengths and facilitates attainable goals that will support it for years to come.

### FREE TPC SUPPORT LINE

Call **817-332-6399** Monday-Friday, 12:00-3:00 p.m. or submit your questions online at **[theparentingcenter.org/PAL](http://theparentingcenter.org/PAL)**  
*\*Parenting Advice Line is not a crisis or emergency hotline.*

### FREE FACEBOOK LIVE

Parenting is hard, especially in current times. But we're here to help. Join us every Thursday at 11:00 a.m. (English) and 1:00 p.m. (Spanish) as we address everything from parenting during COVID; fun, at-home family activities; school difficulties, both virtual and physical; to helping build your relationship.



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