



January–March
2019

Certificate
of
Completion

To register for classes or to find more details on classes go to
theparentingcenter.org or call 817-332-6348
(se habla Español)

FREE
Workshop

GENERAL PARENTING WORKSHOPS




Strategies for learning positive parenting skills.

Cost: \$20 in advance, \$30 the day of, or pay in advance for all 7 topics together for \$120 (7 classes for the price of 6!) Each additional household member is \$5. All classes are on Tuesdays from 6:30–8:30 p.m.




Junior League of Arlington—4002 West Pioneer Parkway, Arlington, Texas

WORKSHOP TITLE	DATE	WORKSHOP TITLE	DATE
Parenting Styles	Jan 8	Parenting Styles	Mar 5
Birth Order	Jan 15	Birth Order	Mar 12
Building Self-Esteem	Jan 22	Building Self-Esteem	Mar 19
Improving Communication	Jan 29	Improving Communication	Mar 26
Developing Responsible Children	Feb 5	Developing Responsible Children	Apr 2
Positive Discipline	Feb 12	Positive Discipline	Apr 9
Making Rules and Enforcing Consequences	Feb 19	Making Rules and Enforcing Consequences	Apr 16

Other Workshops

	WORKSHOP TITLE	DAY	DATE	TIME
	Positive Behavior Intervention	Thursday	Jan 31	6:00—8:00 p.m.
	Stress Management and Resiliency	Thursday	Feb 28	6:00—8:00 p.m.
	Organizing Your Child's Special Education Documentation	Thursday	Mar 28	6:00—8:00 p.m.

Clases en Español

	NOMBRE DE LA CLASE	DIA	FECHA	HORA
	Solución de Conflictos	Jueves	Jan 31	6:00—8:00 p.m.
	Desarrollando la Moral, Valores y Reglas en la Familia	Jueves	Feb 28	6:00—8:00 p.m.
	Disciplina Positiva	Jueves	Mar 28	6:00—8:00 p.m.

FAMILY TRANSITION WORKSHOPS

Cost: \$45 in advance, \$60 the day of



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	WORKSHOP TITLE	DAY	DATE	TIME
	Co-Parenting Essentials	Saturday	Jan 12	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Friday	Jan 25	9:00 a.m.—1:00 p.m.
	Kids First	Saturday	Jan 26	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Saturday	Feb 2	9:00 a.m.—1:00 p.m.
	Kids First	Saturday	Feb 16	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Friday	Feb 22	9:00 a.m.—1:00 p.m.
	Kids First	Saturday	Mar 2	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Friday	Mar 8	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Saturday	Mar 23	9:00 a.m.—1:00 p.m.

FREE COMMUNITY WORKSHOPS

Cook Children's Medical Center

801 7th Avenue, Fort Worth, Texas

	WORKSHOP TITLE	DAY	DATE	TIME
	Managing Temper Tantrums	Thursday	Jan 10	6:30—8:30 p.m.
	Discipline for Young Children	Thursday	Feb 14	6:30—8:30 p.m.
	Helping Children Handle Their Feelings	Thursday	Mar 14	6:30—8:30 p.m.

Vickery Forest Community Center

3427 Hemphill St, Fort Worth, Texas

	WORKSHOP TITLE	DAY	DATE	TIME
	Parenting the Child with ADHD	Wednesday	Feb 6	5:30—7:30 p.m.
	Discipline for Young Children	Monday	Mar 25	5:30—7:30 p.m.

PARENT & CHILD WORKSHOPS

Cost: \$20 in advance, \$30 the day of
Junior League of Arlington—4002 West Pioneer Parkway, Arlington, Texas

Managing Stress & Anger

Wednesday, Mar 13, 1:30—3:00 p.m.

Parents and their kids can learn together on how to recognize and manage stress and anger in healthy ways. Kids ages 5-9 will be taught in a separate class about their feelings and how to express and manage them.

Parents & Teens: Communication

Wednesday, Feb 20, 5:30—7:30 p.m.

Parents and teens are invited to attend this workshop together. Learn about development, expectations, communication and strategies for increasing talk and trust between parents and their teenagers.

ADDITIONAL SERVICES

Counseling & Play Therapy

Providing services for individuals, families, couples and children (play therapy). For information on pricing or to schedule an appointment, please call 817-332-6348.

Most health insurance plans and Medicaid are accepted.

Parenting & Preschoolers

Help with preventing and responding to difficult behaviors. Learn how to promote the social, emotional and academic success of your child. This **NEW** program will be held weekly, starting in March for \$20 per workshop. Scholarships are available and space is limited. For questions or to reserve your spot, call 817-632-5538

Spring Break Camp

TPC will host teens for an unique and fun Spring Break camp, filled with music, art, social activities and more, while navigating peer relationships, school changes and social stressors. For more information, call 817-632-5519 today!

Parent-Child Interaction & Filial Therapy

This once a week, 10-week program provides tools and skills to parents to help build a more intimate bond with their child by enhancing a deeper emotional understanding and trust within the parent-child relationship. For information, please contact Perla Salazar at psalazar@theparentingcenter.org.

Every Thursday, March 28—May 30, 6:00—8:00 p.m.

Most health insurance plans and Medicaid are accepted.

Empowering Families Project

For couples with kids. Take the time to invest in your relationship and learn about parenting, finances, employment and much more! Join us for this **FREE** 8-week workshop, where meals, and childcare are provided and additional incentives are available. For more information, call 817-632-5529 or visit www.bit.do/familytime. Para información en español por favor de llamar al 817-632-5529.

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FM0073.

NEST Program

The Nest Program is designed to help the whole family through in-home parent coaching, telehealth and in-person counseling and parent-child activities. This **NEW** program focuses on your family's strengths and facilitates attainable goals that will support it for years to come. For more information, call 817-632-5537.

FREE Parenting Advice Line

Call **817-332-6399** Monday-Friday, 12:00-3:00 p.m. or submit your questions online at theparentingcenter.org/PAL

Adult Anger Management Group

University United Methodist Church—2416 W Berry Street

Tuesdays, 6:30—8:30 p.m.

January 8—February 12

February 26—April 2

Thursdays, 6:00—8:00 p.m.

January 3—February 7

February 21—March 28

Attendees must attend all six meetings for completion & certificate. Some health insurance plans are accepted. Self-pay individuals: \$20 in advance per week or \$30 the day of, per week.



2928 West 5th Street
Fort Worth, Texas 76107-2291

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January–March 2019 Service Guide



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Temporary Locations

Family Life Education

4002 West Pioneer Pkwy,
Arlington

Counseling

2416 W Berry St, Fort Worth

Empowering Families Project

1100 Hemphill St, Fort Worth

theparentingcenter.org

817-332-6348

PROFESSIONAL DEVELOPMENT



Social Emotional Health

Friday, March 29 at 12:00–3:00 p.m.
Early Bird Registration (Before March 1): \$35
Regular Registration (After March 1): \$45

A fun and interactive training based on research in neuroscience and psychology that will advance your understanding of social-emotional health. Learn brain basics and the keys to promoting overall mental health and wellness. Learn strategies to help children and teens develop self-awareness, empathy, emotional self-regulation and resiliency.

For more information please contact Family Life Education Program Director, Esther Grabow at 817-632-5521 or egrabow@theparentingcenter.org.

Workshop Expectations

- Children are not allowed to attend workshops; childcare is not available.
- Payments are non-refundable, but may be transferable to another date.
- Pre-payment and registration is required. To register, go to theparentingcenter.org or call 817-332-6348 (se habla Español).
- Certificates will be issued after the class is completed and full payment is received.
- TPC reserves the right to cancel any workshop for lack of registrants. Every effort will be made to provide sufficient cancellation notice to participants.
- Please arrive 15 minutes before class begins for registration; late admissions will not be allowed.