

July–Sept  
2019



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

## GENERAL PARENTING WORKSHOPS

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 at TPC from 6:30–8:30 p.m.

WORKSHOP TITLE	DATE	WORKSHOP TITLE	DATE
Parenting Styles	June 18	Parenting Styles	Aug 13
Birth Order	June 25	Birth Order	Aug 20
Building Self-Esteem	July 2	Building Self-Esteem	Aug 27
Improving Communication	July 9	Improving Communication	Sept 3
Developing Responsible Children	July 16	Developing Responsible Children	Sept 10
Positive Discipline	July 23	Positive Discipline	Sept 17
Making Rules and Enforcing Consequences	July 30	Making Rules and Enforcing Consequences	Sept 24







## Other Workshops

Cost: \$20 in advance, \$30 the day of

	WORKSHOP TITLE	DAY	DATE	TIME
	Positive Ways to Deal with Stress & Anger	Wednesday	July 31	6:30—8:30 p.m.
	Helping Children Handle their Feelings	Wednesday	Aug 7	6:30—8:30 p.m.
	Controlling Anger in the Family	Wednesday	Aug 14	6:30—8:30 p.m.
	Communicating with Respect	Wednesday	Aug 21	6:30—8:30 p.m.

## Family Transitions




Cost: \$45 in advance, \$60 at the door

	WORKSHOP TITLE	DAY	DATE	TIME
	Co-Parenting Essentials	Friday	July 26	9:00 a.m.—1:00 p.m.
	Kids First	Saturday	Aug 10	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Saturday	Aug 17	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Saturday	Aug 24	9:00 a.m.—1:00 p.m.
	Kids First	Saturday	Aug 31	9:00 a.m.—1:00 p.m.
	Co-Parenting Essentials	Saturday	Sep 7	9:00 a.m.—1:00 p.m.

## FREE WORKSHOPS

### Victory Forest Community Center

3427 Hemphill Street, Fort Worth

	WORKSHOP TITLE	DAY	DATE	TIME
	Parenting the Strong-Willed Child	Wednesday	July 17	5:30—7:30 p.m.
	Parenting the Child with ADHD	Tuesday	Aug 6	5:30—7:30 p.m.
	Parenting the Strong-Willed Child	Tuesday	Sept 17	5:30—7:30 p.m.

### Cook Children's Medical Center

Family Support Meeting Room, 801 7th Avenue, Fort Worth

	WORKSHOP TITLE	DAY	DATE	TIME
	Communicating with Respect	Thursday	July 11	6:30—8:30 p.m.
	Making Rules & Enforcing Consequences	Thursday	Sept 12	6:30—8:30 p.m.

### The Parenting Center

	WORKSHOP TITLE	DAY	DATE	TIME
	Preparing Early for Your Child's College Education	Monday	July 1	5:30—6:30 p.m.

# JUNIOR LEAGUE OF ARLINGTON

Center for Community Service, 4002 West Pioneer Parkway, Arlington

## General Parenting Workshops

Cost: \$20 in advance, \$30 the day of

WORKSHOP TITLE	DAY	DATE	TIME
Understanding your Child's Temperment	Monday	July 15	6:00–8:00 p.m.
Positive Discipline	Monday	Aug 5	6:00–8:00 p.m.
Helping Children Handle their Feelings	Monday	Sept 23	6:00–8:00 p.m.

## FREE Clases en Español

WORKSHOP TITLE	DAY	DATE	TIME
El niño con comportamiento difícil	Jueves	July 11	6:00–8:00 p.m.
Controlando el enojo en la familia	Jueves	Aug 8	6:00–8:00 p.m.
Cómo elogiar a los niños y su buen comportamien	Jueves	Sept 19	6:00–8:00 p.m.

## Family Transitions

Cost: \$45 in advance, \$60 at the door

WORKSHOP TITLE	DAY	DATE	TIME
Kids First	Saturday	July 13	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Saturday	July 20	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Saturday	Aug 3	9:00 a.m.–1:00 p.m.
Kids First	Saturday	Sept 21	9:00 a.m.–1:00 p.m.
Co-Parenting Essentials	Saturday	Sept 28	9:00 a.m.–1:00 p.m.

## FREE PATH Workshops

Classes offered through the Partners Resource Network for parents of children and youth with disabilities.

WORKSHOP TITLE	DAY	DATE	TIME
ARD Process	Thursday	July 11	6:00–8:00 p.m.
Texas Autism Supplement	Thursday	Aug 8	6:00–8:00 p.m.
Overview of Procedural Safeguards	Thursday	Sept 19	6:00–8:00 p.m.

## 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](http://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.





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

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Fort Worth, Texas

## July–September 2019 Service Guide



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[theparentingcenter.org](http://theparentingcenter.org)  
817-332-6348

### 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.*

#### 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.

#### 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](http://theparentingcenter.org/PAL)

#### It Takes Two: Parenting Through Play

Looking to feel more confident as a parent, build your relationship with your child in a fun way, communicate more effectively together and understand your child's emotional needs? It Takes Two is a 10-session program for parents of children under 10 years old.

#### Empowering Families Project

**For couples.** Do you wish you and your partner communicated better, argued less or felt closer? Take time out from everyday stresses to invest in each other. For more information on this **FREE** 8-week workshop, call 817-632-5529 or visit [www.bit.do/familytime](http://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.*

#### Just Breathe: Anger Management Group

Every Tuesday from 6:30–8:30 p.m. at TPC. Attendees must attend six meetings for completion and certificate. Some health insurance plans are accepted. For self-pay individuals, it is \$20 in advance per week or \$30 the day of, per week.

**For more information on any of these services or to sign up today, please call 817-332-6348.**