

October–December  
2018

**NEW LOCATION!**



Certificate  
of  
Completion

To register for classes or to find more details on classes go to  
**[theparentingcenter.org](http://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

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### DATE

	Building Self-Esteem	Oct 2
	Improving Communication	Oct 9
	Developing Responsible Children	Oct 16
	Positive Discipline	Oct 23
	Making Rules and Enforcing Consequences	Oct 30
	Parenting Styles	Nov 6
	Birth Order	Nov 13

	Building Self-Esteem	Nov 20
	Improving Communication	Nov 27
	Developing Responsible Children	Dec 4
	Positive Discipline	Dec 11
	Making Rules and Enforcing Consequences	Dec 18
	Parenting Styles	Jan 8
	Birth Order	Jan 15

## Other Classes

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

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

WORKSHOP TITLE	DAY	DATE	TIME
 Positive Behavior Intervention and Communication Skills	Thursday	Oct 4	6:30—8:30 p.m.
 Restraint and Seclusion; Assertiveness	Thursday	Nov 15	6:30—8:30 p.m.
 Self-Care, Stress Management and Resiliency	Thursday	Dec 6	6:30—8:30 p.m.

## FAMILY TRANSITION WORKSHOPS

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

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

WORKSHOP TITLE	DAY	DATE	TIME
 Co-Parenting Essentials	Friday	Oct 5	9:00 a.m.—1:00 p.m.
 Co-Parenting Essentials	Saturday	Oct 20	9:00 a.m.—1:00 p.m.
 Kids First	Saturday	Oct 27	9:00 a.m.—1:00 p.m.
 Co-Parenting Essentials	Saturday	Nov 3	9:00 a.m.—1:00 p.m.
 Co-Parenting Essentials	Friday	Nov 9	9:00 a.m.—1:00 p.m.
 Kids First	Saturday	Nov 17	9:00 a.m.—1:00 p.m.
 Co-Parenting Essentials	Saturday	Dec 1	9:00 a.m.—1:00 p.m.
 Co-Parenting Essentials	Friday	Dec 7	9:00 a.m.—1:00 p.m.
 Kids First	Saturday	Dec 15	9:00 a.m.—1:00 p.m.

## FREE COMMUNITY WORKSHOPS

### East Berry Library

4300 E Berry Street, Fort Worth, Texas

WORKSHOP TITLE	DAY	DATE	TIME
 Parenting the Strong-Willed Child	Saturday	Oct 6	4:00—6:00 p.m.

### Northwest Library

6228 Crystal Lake Drive, Fort Worth, Texas

WORKSHOP TITLE	DAY	DATE	TIME
 Feeding the Picky Eater	Tuesday	Oct 16	4:30—5:30 p.m.

# Cook Children's Medical Center

801 7th Avenue, Fort Worth, Texas

WORKSHOP TITLE	DAY	DATE	TIME
 Discipline for Young Children	Thursday	Oct 11	6:30—8:30 p.m.
 Parenting the Child with Special Needs	Thursday	Nov 8	6:30—8:30 p.m.
 Children and Play	Thursday	Dec 13	6:30—8:30 p.m.

## ADDITIONAL SERVICES

### Counseling

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.*

### Caring for the Caregiver Support Group

Caregivers are tasked with some of the most important and challenging work—looking after the health and well-being of a family's loved one. Being a caregiver for a family member is becoming more common and taking care of yourself as a caregiver is important to managing your own health.

Join us for our **FREE** support group, every Thursday from 7:00—8:00 p.m.

### Adult Anger Management Group

University United Methodist Church—2416 W Berry Street

<b>Tuesdays, 6:30–8:30 p.m.</b>	<b>Thursdays, 6:00–8:00 p.m.</b>
September 4—October 9	September 20—October 25
October 23—November 27	November 8—December 13

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.

### 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](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.*

### Home Visiting Program

While the Home Visiting Education and Leadership (HEAL) Program has ended as of August 31, TPC will be launching a new home visiting program in the coming months. The program's foundation will be based on strengthening and enhancing the five protective factors, as well as offering concierge, one-on-one, tailor-made parent education and support. It will also have a component of some cutting-edge telecounseling.

The new home visiting program will begin to accept referrals **November 1** (look for the new referral forms during this time). Stay tuned to the TPC website and social media for updates!

### FREE Parenting Advice Line

Monday through Friday, 12:00—3:00 p.m.

**817-332-6399**

OR submit your questions online at  
**[theparentingcenter.org/PAL](http://theparentingcenter.org/PAL)**





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

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Fort Worth, Texas

## October–December 2018 Service Guide



AT theparentingcenter



AT theparentingctr

**theparentingcenter.org**  
**817-332-6348**

## TEMPORARY SERVICE LOCATIONS

The Parenting Center will be under construction starting October 1, 2018.

### Family Life Education

**Junior League of Arlington**  
4002 West Pioneer Parkway,  
Arlington, TX

### Counseling

**University United Methodist  
Church**  
2416 W Berry St, Fort Worth, TX

### Empowering Families Project

**One Safe Place**  
1100 Hemphill St, Fort Worth  
Fort Worth, TX

## 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.