

Updates from your friends at



February Newsletter



FREE Relationship Workshop

Increase your family's success by participating in the Empowering Families Project

February 22, 2014- English and Spanish classes are available

March 8, 2014- English and French classes are available

Workshops are from 8:30 a.m. to 5 p.m.

Join Us!
Saturday, February 22nd
Just Off Main Coffeehouse
113 E. Texas Street
Grapevine, TX 76051

FREE lunch & on-site child care
with advance registration!

call **817-632-5529**
to register

[theparentingcenter.org/
empowering-families/](http://theparentingcenter.org/empowering-families/)



Empowering Families relationship
workshops are recognized by:



[Click here for more information.](#)



Happy Valentine's Day to You and Yours!
Love,
The Parenting Center Staff



Welcome, 2014 Board of Directors!

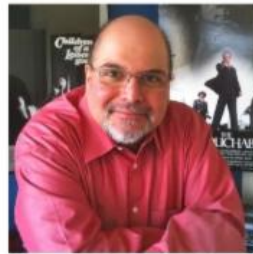
The Parenting Center's Board of Directors elected its new slate of officers to guide the agency in providing Tarrant County families with the type of support we all want to have.

Newly elected members of the board are: **Shawn Arrington**, President and CEO, Capital Financial Partners; **Luis Estrada**, Managing Partner and Producer, ES Creative Gang; **Deborah Hutchinson**, President, Wound Management Technologies, Inc.; **Karen Telschow Johnson**, Owner and Attorney, Telschow Johnson Law, PLLC; and **Julie Wilkins**, Owner and Broker, Wilco Realtors, LLC.

[Read more here.](#)



Karen C. Denney, Board President



Luis Estrada, Board Member



Karen Telschow Johnson,
Board Member



Shawn Arrington, Board Member



Debbie Hutchinson,
Board Member



Julie Wilkins, Board Member

Valentine's Day: Strong Couples for Strong Kids

*By Cameron Thompson
The Parenting Center Staff*

Valentine's Day is approaching and love is in the air! Whether you are blissfully in love, committed to your long-term partner, or single and ready to mingle, we are all thinking

about relationships. If you have children, consider starting a new tradition on Valentine's Day and celebrate and share this holiday with your children as well.

As a parent, here are some tips of including your children on this Valentine's Day:

- Moms, consider taking your son on a "date" to teach them how to properly treat a lady. Remember the word chivalry? It doesn't have to be a foreign concept for our youth boys. Have an open discussion and share with your son how important it is that women are to be valued and respected. Discuss about healthy boundaries and acceptable behavior in a romantic relationship. Moms you have a strong influence over your son and how you carry and present yourself, greatly affects how he sees women.
- Dads, consider taking your daughter on a "date" to show her how she should expect to be treated, like a lady. Girls, especially teenagers, need to feel empowered and know that a healthy relationship is free from hurt (emotionally and physically) and behaviors like that are unacceptable. It's important that you and your daughter talk about healthy boundaries, realistic expectations from a romantic relationship, and self-respect that she needs to have. Dads, shower your daughter with love, appreciation, and respect and she will expect the same from her future partners.
- The decorations, showering of gifts and affection can also include your kids! Bring out the markers, crayons, construction paper, stencils, and glitter. You've been warned, but the next few days you may have to explain to co-workers and friends why you're shedding glitter and leaving a trail. Get creative! The family can write down positive affirmations to each other and these notes can be shared on Valentine's Day or the days leading up to the holiday. What a great way to show your child(ren) how much you love them and encourage that feeling of being valued and worthy.

[Read more here.](#)



PARENTING 101
for the loves of your life



Kitchen Fun for Valentine's Day

Check out some sweet treats to celebrate your holiday with [here](#).



The Story of St. Valentine

Read about the history behind Valentine's Day *and* work on reading comprehension with your kiddos [here](#).



TwoOfUs.org

Healthy families start with healthy relationships. Explore news and advice for singles and couples [here](#).

Volunteer Spotlight!



Thank you, Katherine!

Katherine has provided over 220 hours of service to our agency since October 1, 2012, which equals a value of over \$4,800.00. Her contribution to The Parenting Center has been amazing. She has served in many areas of the agency, including the Family Life Education Program, administrative support and our annual golf tournament. We know that Katherine will go far in life due to her commitment to serving the community.

Like what you see or want to be a part of making

Tarrant County a stronger community?

BECOME A VOLUNTEER

Stay Connected



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theparentingcenter.org

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