



Service Guide

January - March 2016



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Strategies for learning positive parenting skills.

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Techniques for positive parenting while sharing custody children.

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Positive parenting workshops offered in community locations.

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Certificate
of
Completion

FREE
Workshop

To register for classes, or find more detail for classes, go to
theparentingcenter.org/events-reg/
or call **817-332-6348** (se habla Español)

General Parenting Workshops

Workshop Series

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>in advance/at door</small>
<p>Nurturing Parenting® This internationally used, interactive, evidence-based program covers the importance of empathy, discipline and other skills to enhance family relationships. Children ages 5-11 can participate in "Nurturing Parenting Kids"</p>	(11 weeks)	Jan 19th - March 29th	6:30pm - 8:30pm	TPC (The Parenting Center)	\$245/\$355 \$80 to bring additional household member \$5 children's fee per family per week (ages 5-11)

Parenting Workshops

S.T.E.P.® (Systematic Training for Effective Parenting) Package Plan:
Register & pay in advance for the 7 topics together for \$120
(7 classes for the price of 6!)
Each additional household member is \$5.

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>in advance/at door</small>
Parenting Styles	Wednesday	January 13	6:30-8:30 p.m.	TPC (The Parenting Center)	\$20/\$30
Birth Order	Wednesday	January 20	6:30-8:30 p.m.	TPC	\$20/\$30
Building Self-Esteem	Wednesday	January 27	6:30-8:30 p.m.	TPC	\$20/\$30
Improving Communication	Wednesday	February 3	6:30-8:30 p.m.	TPC	\$20/\$30
Developing Responsible Children	Wednesday	February 10	6:30-8:30 p.m.	TPC	\$20/\$30
Positive Discipline	Wednesday	February 17	6:30-8:30 p.m.	TPC	\$20/\$30
Making Rules & Enforcing Consequences	Wednesday	February 24	6:30-8:30 p.m.	TPC	\$20/\$30
Parenting Styles	Wednesday	March 23	6:30-8:30 p.m.	TPC	\$20/\$30
Birth Order	Wednesday	March 30	6:30-8:30 p.m.	TPC	\$20/\$30

Special Topics

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>in advance/at door</small>
Communicating with Your Teen	Wednesday	March 2	6:30-8:30 p.m.	TPC (The Parenting Center)	\$20/\$30
Strengthening Stepfamilies	Tuesday	March 8	6:30-8:30 p.m.	TPC	\$20/\$30
Discipline and Your Teen	Wednesday	March 9	6:30-8:30 p.m.	TPC	\$20/\$30

PATH Workshops

Workshops for parents of children with special needs.

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>in advance/at door</small>
Realities of Autism	Thursday	January 21	6:30-8:30 p.m.	TPC (The Parenting Center)	FREE
Learn About Section 504	Thursday	February 18	6:30-8:30 p.m.	TPC	FREE

Clases en Español

NOMBRE DE LA CLASE	DIA	DATE	HORA	LUGAR	PRECIO
Estilos de ser Padre	miércoles	13 de enero	6:30-8:30 p.m.	The Parenting Center	\$20/\$30
Criando Niños Responsables	miércoles	10 de febrero	6:30-8:30 p.m.	The Parenting Center	\$20/\$30
Influencia del orden de nacimiento	miércoles	30 de marzo	6:30-8:30 p.m.	The Parenting Center	\$20/\$30

Online Workshops

WORKSHOP TITLE	COST
Beyond Chore Charts: Raising Responsible Children	\$20
Managing Temper Tantrums	\$20
Understanding Rules & Consequences	\$20
The Birds & The Bees Before Grade 3	\$20
Communicating With Your Teen	\$20

Co-Parenting Workshops

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>in advance/at door</small>
Co-Parenting Essentials	Saturday	January 9	9:00 a.m.-1:00 p.m.	TPC (The Parenting Center)	\$40/\$50
Kids First	Saturday	January 16	9:00 a.m.-1:00 p.m.	TPC	\$40/\$50
Co-Parenting Essentials	Saturday	January 30	9:00 a.m.-1:00 p.m.	TPC	\$40/\$50
Co-Parenting Essentials	Friday	February 5	9:00 a.m.-1:00 p.m.	TPC	\$40/\$50
Kids First	Saturday	February 13	9:00 a.m.-1:00 p.m.	TPC	\$40/\$50
Co-Parenting Essentials	Saturday	February 20	9:00 a.m.-1:00 p.m.	TPC	\$40/\$50
Kids First	Friday	February 26	9:00 am- 1:00pm.	TPC	\$40/\$50
Co-Parenting Essentials	Friday	March 4	9:00 a.m.-1:00 p.m.	TPC	\$40/\$50
Kids First	Saturday	March 12	9:00 a.m.-1:00 p.m.	TPC	\$40/\$50
Kids First	Monday	March 21	1:00 p.m.-5:00 p.m.	TPC	\$40/\$50
Co-Parenting Essentials	Monday	March 28	1:00 p.m.-5:00 p.m.	TPC	\$40/\$50

Community Workshops

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST
Baby, Let's Read	Friday	January 8	10:15 - 11:15 a.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE* free book!
Ages & Stages of Infants and Toddlers	Thursday	January 14	6:30-8:30 p.m.	Cook Children's Medical Ctr. (CCMC), 801 7th Ave., Fort Worth, 76104 - Lower Level Classroom A&B	FREE
Discipline for Young Children	Tuesday	January 19	6:30-8:00 p.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE
Children & Play	Thursday	February 11	6:30-8:30 p.m.	Cook Children's Medical Ctr. (CCMC), 801 7th Ave., Fort Worth, 76104 - Family Support Meeting Center B	FREE
Baby, Let's Read	Friday	February 12	10:15 - 11:15 am	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE* free book!
Managing Temper Tantrums & Time Outs	Tuesday	February 16	6:30 - 8:00 p.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE + free book!
Controlling Anger in the Family	Saturday	February 20	11:00-12:00 p.m.	Fort Worth East Regional 6301 Bridge St. Fort Worth, TX 76112	FREE
Understanding Your Child's Temperament	Thursday	March 10	6:30 - 8:30 p.m.	Cook Children's Medical Ctr. (CCMC), 801 7th Ave., Fort Worth, 76104 - Family Support Meeting Center B	FREE
Baby, Let's Read	Friday	March 11	10:15 - 11:15 am	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE + free book!
Taming Toddlers	Tuesday	March 15	6:30 - 8:00 p.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE
Caring for the Traumatized Child	Wednesday	March 16	6:00-8:00 p.m.	Register at TCU Extended Ed. Website . CEUs Available	\$52.00

Professional Development

NEW!

Youth Mental Health First Aid USA for adults assisting young people

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human service workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders

This course is primarily designed for adults who regularly interact with young people.

Saturday March 5th, 2015

8:30am - 4:30pm

Certificates of Completion and CEUs will be available

Cost is \$40 per person

Taught by a Certified Mental Health First Aid Trainer

Please call **817-632-5518** for more information

or email **Bessie Ann Christenson** at

BChristenson@theparentingcenter.org

Other Services

Counseling

Addressing all types of problems through play therapy,
family therapy, individual, and couples counseling.

Children's Group Play Therapy

Coping with Symptoms of ADHD and Anger Management Skills

Saturdays, January 16- February 20 (6 weeks)

Coming in April "Coping with Stress and Anxiety"

11 a.m.-12 p.m. for ages 6-8

12 p.m.-1 p.m. for ages 9-11

\$10 a session.

Adult Anger Management Group

Jan 12-Feb 16

Feb 23- March 29

April 5 - May 10

Tuesdays, 6:30-8:30 p.m.

**must attend all six meetings for completion*

Some health insurance plans are accepted.

Self-pay individuals: \$20 in advance per person,
per week or \$30 at the door per person, per week.

MUST call 817-332-6348 for intake & registration.

¡Nuevo!

Ahora ofreciendo clases en español

"La Relación entre padre e hijo"

* (Child Parent Relational Training)

Cada lunes empezando el 4 de enero hasta el 7 de marzo

Este entrenamiento es un programa de 11 sesiones
para padres de hijos menores de 10 años de edad.

La primera sesión es una consulta individual con el
líder del grupo antes del día de inicio.

Favor de in inscribirse ANTES del 28 de diciembre

Precio: \$20 por cada sesión (\$220 en total)

Para más información llame al 817-332-6348

*** Class to be offered in English
beginning September 2016**

Marriage/Relationship Workshops

\$10 per couple

Need skills to help your relationship last?

Engaged participants receive a Twogether in Texas Certificate for a \$60 discount on their marriage license.

Workshops available on Saturdays!

Register online at www.theparentingcenter.org/empowering-families
or call 817-332-6348 for information

H.E.A.L. Program

Home Visiting, Education, and Leadership

H.E.A.L. is a **FREE**, 18 week in home, family-strengthening program that utilizes a curriculum called SafeCare. Skills training include child behavior management and planned activities training, home safety training, parent training on how to create healthy parent-child interactions, and child health care education.

Participants receive incentives such as Safety Latches, Thermometers, Behavior Charts, MyFoodPlate, Toothbrushes, and Gift Cards upon completion.

Evening Home Visits are Available on Limited Basis

For More Information Please Contact
Program Director, Bliss Coulter at 817-632-5522 or
BCoulter@theparentingcenter.org

Para información en español favor de llamar al 817-632-5532



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Fort Worth, Texas 76107-2291

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January - March 2016 Service Guide

Texas Association for
Parent Education
2013 Best Practices
Award Winner

theparentingcenter.org
817-332-6348

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news-media/newsletter/](http://theparentingcenter.org/news-media/newsletter/)

Call our FREE Parenting Advice Line

Monday - Friday, 12:00 - 3:00 p.m.
817-332-6399

Or submit your questions online at:
theparentingcenter.org/PAL

Workshop Rules for All Programs

- Only adult participants may attend workshops, children are not allowed.
 - Child care is NOT available.
- Payments are non-refundable, but may be transferrable to another date.
- Pre-payment and registration is required. To register, go to www.theparentingcenter.org or call 817-332-6348 (se habla Español).
- Certificates will be issued after the class is completed and full payment is received.
- The Parenting Center 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.

Reglas del Taller

- Guardaría no estará disponible y los niños no están permitidos en clase.
- Se dará un certificado al final del programa.
- Presentarse 15 minutos antes del inicio del programa.
- Para evitar distracciones, no se permitirá la entrada después del inicio de la clase.
- No hay reembolso del pago.