

Updates from your friends at



January Newsletter

NEW! Freedom From Smoking!

The Parenting Center is a partner of this great program that kicks your smoking habit!

Freedom from Smoking is a **step-by-step**

plan for quitting smoking with more than 30 years of success! This is a seven-week program which addresses stress management, nicotine withdrawal, weight control and more.

**Tuesdays, from 1-2 p.m.
January 7 - February 18**

Please contact
Marcella Serrano for more details: **817-370-4528, ext. 261**
or mserrano@tarrantcounty.com

There is still time to help.

There is plenty of time to get your donations in for our Year End Appeal. This is a great

way to donate in honor or memory of a loved one. Click on the photo below to make your contribution. We appreciate your support!

PROBLEM.

Tarrant County holds our state's second highest number of child abuse victims, with a terrifying **5,598**.

In Texas, **15.2%** of child abuse & neglect victims are under the age of **1**.

77.9% of confirmed abuse or neglect perpetrators are a parent.

PREVENTION.

Most people learn about raising children from their own parents. Some were fortunate to have good teachers and some were not. Why don't we give them a hand?

Here is what The Parenting Center is doing to stop the **PROBLEM**:

Counseling: We provide this to all ages, from grief counseling to children's play therapy. There is no problem that is too small nor too big.

Parenting Education: Ever wonder what to do when your child is misbehaving and you're out of options? Or are you a first-time parent that is learning as you go? We can help.

Co-Parenting: Going through a divorce? Kids living in two separate homes? Unsure of what to say to your children or how to handle uncomfortable situations? Let us help provide strong living environments for both households.

Parenting Advice Line (PAL): A free service provided by professionals for families to get the help they need in the privacy of their own homes.

TIME TO FIX.

Let's pull together as a community and bring awareness to these families in need. Most want the support but do not have the means or knowledge to get help. That is where The Parenting Center steps in.

INSTEAD OF...



\$1,000



\$500



\$100



\$50

HOW ABOUT?

10 one-hour play therapy sessions to help multiple children

One four-hour Co-Parenting class that reaches around 12 people

One Parent Education Class that reaches around 5 people

One hour of assistance for our Parenting Advice Line for parent guidance



A teddy bear is great to have, but is it something he can pass down for generations?



2925 West 5th Street
Fort Worth, TX 76107
817-332-6348
theparentingcenter.org



Wait, we know her!

Our amazing volunteer, Pam Cady, published a children's book about colors. Way to go!

Pam Cady released her first book, *Let's Color*. Find out what inspired Pam to write this book and her take on exploring colors with your children.



This is a very exciting time for me as I wait for the arrival of the copies of my first published book to arrive! I've always loved the energy I feel when a new year is starting and this event adds a heightened level of excitement and anticipation of what this year may bring.

Let's Color teaches children about the colors which surround us every day. Teaching my sons about our world is what inspired me to write. We would make up silly sayings or songs to remember things or make responsibilities more fun. In doing that, I found myself rhyming everything and looking at how to make the expected more exciting.

There are so many colors in our world and so many ways for you to share them with your family. While reading books, point out the illustrations and ask what colors your child sees or what color certain objects are, rather than simply reading the text. Take a walk inside or outside and ask him to find things of a certain color or ask your child to tell you the color of a certain object you point out. Drawing or painting with your child is another wonderful way for you to teach him about colors. Ask your child to draw or paint with a certain color, or let him use the color of his choice and then ask him to tell you what color and why. Be sure to ask your child to tell you about his picture. Each one tells a special and unique story you don't want to miss!

I look forward to meeting you and your family in the community. I will be scheduling book signings and speaking engagements soon. Keep a look out!

Best,
Pam



PARENTING 101

tips and fun activities for the family



Make New Year's Resolutions with Your Child.

A few great tips to start the year off right and allowing your children to get involved in the planning. [Learn more.](#)



The 10 Best Family-Friendly Resorts.

Great family-friendly resorts that will cater to you and your children's needs. [Learn more.](#)



Outdoor Projects for Kids.

Fun ways to get your children in the yard and lending a helping hand. [Learn more.](#)

Volunteer Spotlight!

As we mentioned above, Pam Cady is a remarkable volunteer for The Parenting Center. Pam started volunteering September of 2013. We sure are happy to have her. Thanks, Pam!



Like what you see or want to be a part of making
Tarrant County a stronger community?

BECOME A VOLUNTEER

Stay Connected



2928 West 5th Street
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theparentingcenter.org

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