

July-September Calendar of Classes

Parenting Workshops

\$20 per person in advance or \$30 at the door.
Each additional household member is \$5.

Parenting Styles

Wednesday, July 2, 6:30-8:30 p.m.
Wednesday, August 20, 6:30-8:30 p.m.

Birth Order

Wednesday, July 9, 6:30-8:30 p.m.
Wednesday, August 27, 6:30-8:30 p.m.

Building Self-Esteem

Wednesday, July 16, 6:30-8:30 p.m.
Wednesday, September 3, 6:30-8:30 p.m.

Improving Communication

Wednesday, July 23, 6:30-8:30 p.m.
Wednesday, September 10, 6:30-8:30 p.m.

S.T.E.P.® Package Plan (Systematic Training for Effective Parenting)

- Parenting Styles
- Birth Order
- Building Self-Esteem
- Improving Communication
- Developing Responsible Children
- Positive Discipline
- Making Rules & Enforcing Consequences

Register & pay in advance for
these 7 classes together for
\$120
(7 classes for the price of 6!)

Developing Responsible Children

Wednesday, July 30, 6:30-8:30 p.m.
Wednesday, September 17, 6:30-8:30 p.m.

Positive Discipline

Wednesday, August 6, 6:30-8:30 p.m.
Wednesday, September 24, 6:30-8:30 p.m.

Making Rules & Enforcing Consequences

Wednesday, August 13, 6:30-8:30 p.m.

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

Stay in touch with us...



facebook.com/TheParentingCenter



@TheParentingCtr

newsletter

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

Nurturing Parenting®

This workshop will help adjust the way you parent. This 11-week, internationally used, interactive, evidence-based program will cover the importance of empathy, discipline and other skills to enhance relationships within the family.

Children ages **5-11** can participate in “Nurturing Parenting Kids” during your adult class. We work on the same family skills but at the child’s level.

Thursdays, **6:30-8:30** p.m.
September **4**-November **13**

Payment options (payment plans are available):
\$245 Early registry or **\$355** at the door
\$80 to bring additional household member
\$5 children’s fee per family per week (ages **5-11**)
Workbook and assessments are included in the cost.



Workshops for Families Parenting Children Between Two Homes

Co-Parenting Essentials

Friday, July **11**, **9** a.m.-**1** p.m.
Saturday, July **19**, **9** a.m.-**1** p.m.
Saturday, August **16**, **9** a.m.-**1** p.m.
Saturday, August **30**, **9** a.m.-**1** p.m.
Tuesday, September **9**, **1-5** p.m.
Saturday, September **20**, **9** a.m.-**1** p.m.
Friday, September **26**, **9** a.m.-**1** p.m.

NEW!

Can’t attend the full four hours? We split the class into **two** nights!

Monday, July **28**, **6:30-8:30** p.m. *first half*
Tuesday, July **29**, **6:30-8:30** p.m. *second half*

\$40 per person in advance or \$50 at the door.

Kids First

Saturday, July **12**, **9** a.m.-**1** p.m.
Saturday, July **26**, **9** a.m.-**1** p.m.
Saturday, August **2**, **9** a.m.-**1** p.m.
Saturday, August **9**, **9** a.m.-**1** p.m.
Saturday, September **6**, **9** a.m.-**1** p.m.
Saturday, September **13**, **9** a.m.-**1** p.m.

NEW!

Can’t attend the full four hours? We split the class into **two** nights!

Monday, September **22**, **6:30-8:30** p.m. *first half*
Tuesday, September **23**, **6:30-8:30** p.m. *second half*

\$40 per person in advance or \$50 at the door.

Workshop Rules for All Programs

- In order to provide an optimal learning environment, please assist us by ensuring only adult participants attend workshops. 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.

FREE Workshops & Services

NEW! Babies R Us

5800 Overton Ridge Blvd. Fort Worth 76132
FREE Gift Drawings!



Discipline and the Young Child

Tuesday, July 15, 6:30-7:30 p.m.

Time to Potty

Tuesday, August 19, 6:30-7:30 p.m.

Parenting 101

Tuesday, September 16, 6:30-7:30 p.m.

**Certificates available after completion*

Cook Children's Medical Center

801 7th Avenue, Fort Worth 76104
Family Support Meeting Center

Children & Play

Thursday, July 10, 6:30-8:30 p.m.

Understanding Your Child's Temperament

Thursday, August 14, 6:30-8:30 p.m.

Parenting the Child with Special Needs

Thursday, September 11, 6:30-8:30 p.m.

**Certificates available after completion*



Fort Worth Public Library

For each library address & more information,
visit theparentingcenter.org/events-reg/



Childhood Conflicts & Sibling Rivalry

Saturday, July 12, 10:30-11:30 a.m., Northwest

Back to School Strategies for Success

Saturday, August 9, 10:30-11:30 a.m., Shamblee
Wednesday, August 20, 10:30-11:30 a.m., Southwest

Strengthening Stepfamilies

Saturday, September 25, 6:30-7:30 p.m., Southwest

**Certificates are NOT provided for Fort Worth Public Library classes*

FREE Series: Healthy Food, Healthy Families

Presented by: Texas AgriLife Extensions

Seven-week series covering healthy foods, portion sizes, meal planning, shopping strategies and cooking techniques. May attend all classes or any.

Tuesdays, 1 p.m.-2:30 p.m.

July 10-August 21
at The Parenting Center

**Certificates available*

FREE Class: Recognizing & Reporting Child Abuse

Monday, September 8, 2014, 6:30-8:30 p.m.
at The Parenting Center

Options and Opportunities at TPC :

Private Workshops

Workshop doesn't fit your schedule? We offer classes in a one-on-one setting with a parenting expert! **\$60** per workshop.

Call **817-632-5521** for more information and to schedule a class.

Need a class at YOUR location?

The Parenting Center can bring classes to YOUR school, church, or company. There are many topics to choose from and classes can be taught for parents or professionals.

CEUs provided. Contact us for pricing!

817-632-5521

Scholarships Available

Scholarships and payment plans are available on a limited basis, depending on family income and class registration. To apply, call **817-332-6348** and ask for an application for class fee reduction or a payment plan.

Interested in Volunteering?

Go to www.theparentingcenter.org/Get-Involved or contact **DLester@theparentingcenter.org** for more information.



Parenting the Strong-Willed Child

Thursday, July **17, 2014, 6:30-8:30** p.m.
at *Texas Christian University*
2800 S. University Drive, Fort Worth, TX 76129

REGISTER AT:

<https://lifelong.is.tcu.edu/wconnect/CourseStatus.awp?&course=14MFAM05>

FREE Relationship Workshops through The Empowering Families Project Single? Dating? Engaged? Married?

Need skills to help your relationship last?

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

Workshops available on Saturdays!

Call **817-632-5529** for information and registration
Para información en español favor de llamar al **817-632-5535**

Don't Wait: Communication issues, finances, and children are strong contributors to divorce and separation.

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Counseling Services

NEW! Children's Group Play Therapy

Participants will explore the feelings of anger and be able to develop ways of dealing with emotions, and initiate appropriate social interaction.

Thursdays, June **19**- July **24**
5-6 p.m. for **1st & 2nd** graders
6-7 p.m. for **3rd & 4th** graders

\$10 a session.

Call **817-332-6348** to register.

NEW! Stress Management Group

Are you overwhelmed and overloaded by life's many stressors? Join our group to learn skills and techniques, for processing feelings of anxiety and depression.

**must attend all eight meetings for completion*

Mondays, **6-7:30** p.m.
July **28**-September **22**
(Except for Labor Day, Monday, September **1**)

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.

Call **817-332-6348** to register.

Anger Management Group

**must attend all six meetings for completion*

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

Session **1**: June **24**-July **29** ○ Session **2**: August **5**-September **9** ○ Session **3**: September **16**-October **21**

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.

Call **817-332-6348** to register.

Online Self-Paced Parenting Workshops

Certificates of Completion provided

Online self-paced parenting classes are the perfect resource for the busy parent. Enjoy the opportunity to complete a course at your leisure — anytime, day or night!

To register, go to www.theparentingcenter.org. Self-paced courses are **\$20** each.

NEW! Beyond Chore Charts: Raising Responsible Children

Explore how to build and instill the value of responsibility and problem solving beyond the use of rewards and punishments.

Managing Temper Tantrums

Temper tantrums can wear any parent down. Learn how to decrease this unwanted behavior that is common in the toddler and preschool years.

The Birds & The Bees Before Grade Three

Discover how to answer questions, teach healthy boundaries, and protect your child while building family values and creating a safe place to ask important questions in the future.

Understanding Rules and Consequences

Every family needs good rules to function well. Identify common mistakes in rulemaking, learn the Four Rules of Rule Making, and much more!

Communicating With Your Teen

Do you feel like you and your teen are speaking different languages? Learn more about your teen and how you can improve communication and build understanding and respect.



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

Address Service Requested

Non-Profit Org.
U.S. Postage
PAID
Permit No. 1133
Fort Worth, Texas

July-September Calendar of Classes

Texas Association for
Parent Education
2013 Best Practices
Award Winner

theparentingcenter.org
817-332-6348

Clases de Español

Clases en "The Parenting Center" 2928 West 5th St, Fort Worth, 76107

Autoestima Edificio

miércoles, 16 de julio, 6:30-8:30 p.m.

Haciendo Reglas e Implementado Consecuencias

miércoles, 13 de agosto, 6:30-8:30 p.m.

Comunicación Positiva

miércoles, 10 de septiembre, 6:30-8:30 p.m.

Ahorre \$10 registrándose por adelantado: \$20 per persona o \$30 en la puerta. Cada miembro extra de la familia pagará \$5.

Clases en "Fort Worth Public Library" GRATUITAS!

Conflictos de la Infancia y la Rivalidad entre Hermanos

4205 Basswood Blvd, Fort Worth, TX 76137

miércoles, 23 de julio, 6:30-7:30 p.m.

Volver a la Escuela Estrategias para el Éxito

1062 Evans Ave, Fort Worth, TX 76104

lunes, 4 de agosto, 6:30-7:30 p.m.

Rutinas de la Hora de Dormir

1300 NE 35th St, Fort Worth, TX 76106

sábado, 13 de septiembre, 2-3 p.m.

- Guardaria no estará disponible.
- Se dará un certificado al final del programa.
- Presentarse 15 minutos antes de programa.
- No se regresara el pago.

- Presentarse 15 minutos antes de programa.
- Por favor, para evitar distracciones, no se permitirá entrada cuando la clase comience.