



**Service Guide**  
**Oct - Dec 2016**

**General Parenting Workshops p. 2 & 3**  
*Strategies for learning positive parenting skills.*

**Co-Parenting Workshops p. 3**  
*Techniques for positive parenting while sharing custody of children.*

**Junior League of Arlington -Center for Community Service p. 3**  
*Strategies for learning positive parenting skills.*

**Community Workshops p. 4**  
*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/](http://theparentingcenter.org/events-reg/)  
or call 817-332-6348 (se habla Español)

## General Parenting Workshops - Fort Worth

### 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>
Improving Communication	Tuesday	Oct 4	6:30-8:30 p.m.	TPC (The Parenting Center)	\$20/\$30
Developing Responsible Children	Tuesday	Oct 11	6:30-8:30 p.m.	TPC	\$20/\$30
Positive Discipline	Tuesday	Oct 18	6:30-8:30 p.m.	TPC	\$20/\$30
Making Rules & Enforcing Consequences	Tuesday	Oct 25	6:30-8:30 p.m.	TPC	\$20/\$30
Parenting Styles	Tuesday	Nov 1	6:30-8:30 p.m.	TPC	\$20/\$30
Birth Order	Tuesday	Nov 8	6:30-8:30 p.m.	TPC	\$20/\$30
Building Self-Esteem	Tuesday	Nov 15	6:30-8:30 p.m.	TPC	\$20/\$30
Improving Communication	Tuesday	Nov 22	6:30-8:30 p.m.	TPC	\$20/\$30
Developing Responsible Children	Tuesday	Nov 29	6:30-8:30 p.m.	TPC	\$20/\$30
Positive Discipline	Tuesday	Dec 6	6:30-8:30 p.m.	TPC	\$20/\$30
Making Rules & Enforcing Consequences	Tuesday	Dec 13	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>
Is Your Child a Target of Bullying	Thursday	Oct 27	6:30-8:30 p.m.	TPC (The Parenting Center)	FREE
ADHD- Learn how parents can obtain additional assistance for their child in the public school	Thursday	Nov 17	6:30-8:30 p.m.	TPC	FREE

### Clases en Español

NOMBRE DE LA CLASE	DIA	FECHA	HORA	LUGAR	PRECIO
Mejorando la Comunicación	jueves	13 de octubre	6:30-8:30 p.m.	The Parenting Center	\$20/\$30
Influencia del orden de nacimiento	miércoles	9 de noviembre	6:30-8:30 p.m.	The Parenting Center	\$20/\$30
Haciendo Reglas e Implementando Las Consecuencias	miércoles	14 de diciembre	6:30-8:30 p.m.	The Parenting Center	\$20/\$30

## Online Workshops

WORKSHOP TITLE	COST
Beyond Chore Charts: Raising Responsible Children	Self-paced classes. To register, go to <a href="http://theparentingcenter.org">theparentingcenter.org</a> \$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	Oct 22	9:00 a.m.-1:00 p.m.	TPC (The Parenting Center)	\$45/\$60
Co-Parenting Essentials	Friday	Nov 11	9:00 a.m.-1:00 p.m.	TPC	\$45/\$60
Co-Parenting Essentials	Friday	Dec 9	9:00 a.m.-1:00 p.m.	TPC	\$45/\$60

# New!

## Now Offering Classes in Arlington

**Junior League of Arlington - Center for Community Service**  
**4002 West Pioneer Parkway | Arlington, Texas 76013**

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>in advance/at door</small>
Communicating with Your Teen	Wednesday	Oct 5	6:30-8:30 p.m.	JLA -CCS (Junior League of Arlington - Center for Community Service )	\$20/\$30
Discipline Your Teen	Wednesday	Oct 12	6:30-8:30 p.m.	JLA -CCS	\$20/\$30
Strengthening Stepfamilies	Wednesday	Nov 16	6:30-8:30 p.m.	JLA -CCS	\$20/\$30
Kids First	Saturday	Oct 1	9:00a.m.--1:00 p.m.	JLA -CCS	\$45/\$60
Kids First	Saturday	Nov 5	9:00a.m.--1:00 p.m.	JLA -CCS	\$45/\$60
Kids First	Saturday	Dec 17	9:00a.m.--1:00 p.m.	JLA -CCS	\$45/\$60
Co-Parenting Essentials	Friday	Oct 14	9:00a.m.--1:00 p.m.	JLA -CCS	\$45/\$60
Co-Parenting Essentials	Saturday	Nov 19	9:00a.m.--1:00 p.m.	JLA -CCS	\$45/\$60
Co-Parenting Essentials	Saturday	Dec 3	9:00a.m.--1:00 p.m.	JLA -CCS	\$45/\$60

# Community Workshops

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST
Children and Play	Thursday	Oct 13	6:30 - 8:30 p.m.	Cook Children's Medical Ctr. 801 7th Ave., Fort Worth, 76104 Family Support Meeting Center B	FREE
Baby, Let's Read	Friday	Oct 14	10:15-11:15 a.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE
Managing Temper Tantrums & Time Outs	Tuesday	Oct 18	6:30 - 8:00 p.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE
Making Rules & Enforcing Consequences	Saturday	Oct 22	2:00 - 3:00 p.m.	Central Library 500 W. Third Fort Worth, TX 76102	FREE
Understanding Your Child's Temperament	Thursday	Nov 10	6:30 - 8:30 p.m.	Cook Children's Medical Ctr. 801 7th Ave., Fort Worth, 76104 Family Support Meeting Center B	FREE
Baby, Let's Read	Friday	Nov 11	10:15-11:15 a.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE
Praising Children and Their Behavior	Thursday	Dec 8	6:30 - 8:30 p.m.	Cook Children's Medical Ctr. 801 7th Ave., Fort Worth, 76104 Family Support Meeting Center B	FREE
Baby, Let's Read	Friday	Dec 9	10:15-11:15 a.m.	"Babies R Us", 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE



## Professional Development

### "Darkness to Light Steward of Children"

**FREE Training**  
**October 18, 2016**  
**6:30-8:30 p.m.**

Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. It utilizes powerful video, interactive workbook and a facilitator-led discussion to educate the community on ways to protect children and prevent child abuse in the community. The program is designed for any individuals or youth-serving organizations concerned about the safety of children. It is the only nationally distributed, evidence based program proven to increase knowledge, improve attitudes, and change child protective behaviors.



**Training Location:**  
**JLA Center for Community Service**  
**4002 West Pioneer Parkway**  
**Arlingto, TX 76013**

Clock hours or CEU are offered for LMFT, LPC, and Social Work, Nursing



**Call to Register**  
**817-332-6348**





## FREE Triple P Training for Parents!

The Triple P – Positive Parenting Program takes the guesswork out of parenting. It gives parents simple tips to help manage the big and small problems of family life such as tantrums, bedtime battles, aggression, and more!

Space is Limited. Please Call to Sign Up Today!

This 8-Week Class Begins 10/12 – 12/7/16 at 6:30 – 8:30 p.m.

## Other Services

### Counseling

Providing Services for Individuals, Families, Couples, and Children (Play Therapy)

Call 817-332-6348 Schedule an Appointment

#### Adult Anger Management Group

November 1 - December 6

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

*\*must attend all six meetings for completion & certificate*

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.**

## The \*New\* Empowering Families Project for Couples

The Parenting Center is launching a BRAND NEW program!

Want to argue less with your spouse? Does unemployment or underemployment cause stress on your family? Do you want to get on the same page with your partner about the kids, the budget, or the in-laws? Empowering Families is designed to help you attack multiple issues affecting your home – your relationship, your parenting, your finances, and employment!

It all begins with an 8-week series, where a meal is available, child care may be offered, and supports and incentives are provided. All services are **FREE**, and you may be able to receive more than \$150 per family for participating! Engaged couples also receive a \$60 discount on a marriage license. One of the best things you can do for your kids is focus on your relationship with each other!

**Call 817-632-5529 for more information**

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FM0073. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

## 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. Parents learn helpful skills that aid in managing children's misbehavior as well as understand many beneficial ways of problem solving and communication. Skills training include child behavior management techniques, planned activities training, how to create healthy parent-child interactions, and child health care education.

Participants who complete the full 18 week program receive a Certificate of Completion

Participants receive incentives such as Home Safety Kits, 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

"The HEAL program is funded by the Prevention and Early Intervention"



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

## October - December 2016 Service Guide

### Live in Arlington?

Check out our **NEW**  
Classes in your area!

[theparentingcenter.org](http://theparentingcenter.org)  
817-332-6348



[facebook.com/TheParentingCenter](https://facebook.com/TheParentingCenter)



@TheParentingCtr

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

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](http://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 transferable to another date.
- Prepayment 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.
- 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

- Guardería 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.