



# Parenting is hard. You don't have to do it alone.

Our mission is to provide family members and professionals with the tools, resources and services to build successful families. When you need us, we'll be there.

We deliver this mission through the TPC services, including parenting workshops, in-home parent coaching, marriage and relationship programs and clinical counseling. In 2019, we provided these wraparound services to 10,000 families in the Tarrant County area.

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## A word from our Executive Director, Paul Gravley.

As we celebrated our 44th year, TPC entered a year of transformation. With the help of our generous donors, foundations and Board, clients were able to start the year by walking through our newly remodeled building. However, the renovation didn't stop there, but continued to be seen in services and programs.

Without a building to provide services in, and with an ever-growing need in a quickly-growing community, The Parenting Center sought to reach clients where they were. Instead of one central location, TPC met client needs from four locations, strewn from Arlington to Aledo. The staff was exceptional in their commitment and in their flexibility. Where others might find reason to slow down services, TPC sought to expand. I could not be prouder of the staff.

There are a number of other successes to note. TPC was selected to present on their Federal Research Project in Washington D.C. Parent Coaching became a focus of The Parenting Center though the NEST program. A full curriculum over-haul occurred in our Education Department, focusing on the latest evidence-based parenting practices. Counseling introduced new spring-break and summer camps to reach clients in a deeper way when school is not in session.



I look forward to next year, too. As 2020 will celebrate the 45th year of The Parenting Center. Thank you for your continued support and dedication to the children and families we serve.



#### **Services**

#### **Family Life Education**

In 2019, parenting workshops were offered on more than 50 transformative topics, ranging from basic parenting skills to complex issues and spanning from birth through the teen years. Classes were offered at the TPC office, as well as throughout the metroplex.

**Parenting Education** – Workshops provided to the community, covering more than 50 topics. Total served: 2,748

79% of participants showed a 20% or greater increase in their knowledge of family life skills.

**Family Transitions** – Workshops provided to families raising children between two homes. Total served: 605

85% of participants showed a 20% or greater increase in their knowledge of family life skills.

**Parenting Education Program in Schools**—Healthy relationship education provided to students in high schools.

Total Served: 384

89% of participants showed a 20% or greater increase in their knowledge of the covered curriculum.

#### **Empowering Families Program**

Originally launched in 2012, TPC has continued this relationship-focused program that has enabled the agency to study innovative approaches focused on improving and enriching marriages and relationships in Tarrant County. Recently, this program became one of six national research sites for research on marriage and parenting.

**Empowering Families Workshop** – Relationship and marriage workshops for couples. Total served: 623

99% of participants reported an increase in positive relationship and parenting skills.

99% of participants reported they handle conflict better with their partner.

**Healthy Relationships Workshop** – Relationship workshops for teens. Total served: 218

34% of participants reported ending an emotionally or physically abusive relationship after attending a workshop.

#### **In-Home Parent Coaching**

In 2019, this in-home, family-strengthening program replaced our previous state-funded, home visiting program with this innovative and personalized in-home parent coaching, utilizing Trust-Based Relational Intervention (TBRI). Parent coaches spent 10 weeks in each family's home, ensuring parents connect, correct and empower their children while providing three counseling sessions. Total served: 364 families

90% of parents and/or primary caregivers showed at least a 20% reduction in stress according to the Parental Stress Scale.

#### **Clinical Counseling & Play Therapy**

TPC's Clinical Counseling program continued to provide individual, group, family, couples and play therapy to families across the metroplex. In 2019, TPC added Spring Break Camp, Summer Camp, support groups, veterans' support groups and Filial Therapy to our counseling program. Total served: 1,624

76% of children achieved 60% or more of their established goals.

88% of adults achieved 60% or more of their established goals.

#### **Parenting Advice Line**

A free, confidential telephone line and email for concerned parents or caregivers with questions about raising or caring for children.

100% of callers said at the conclusion of the call that they felt they had a direction to follow.

100% of callers feel that they would be able to follow through with the plan made by the PAL professional.

#### **Community Engagement**

In 2019, TPC informed the Tarrant County and surrounding communities about TPC's mission and services, including parenting education, presentations and participation in recruitment programs.



# Who We Served Race 14% **African American** Caucasian 21% Hispanic 34% Other/Unknown **31**% **Household Income** \$20,751-\$34,599 >\$55,349 \$34,600-<\$20,750 0-12 years 18% 8% 13-18 years 19-24 years 15-59 years **50%** 3% 60 years and older 14% Unknown



## It takes a village to raise a child. Here's a BIG thank you to our village.

Bailey & Trevor Adams

Jennifer Allie

Larry Anfin

Diane Aranout & Drew Larkin

Erica & David Bekerman

Rebekah & Derrek Belase

Marvin Beleck

Bailey Benningfield

James Blake

Pamela & Cory Boggess

Sandra Bond

Vianei Lopez Braun

Brittyn Brender

Danica Brown

Nathan Brown

Cheri Bruxvoort

Kristen Buchanan

Ann & Charles Caldwell

Alex Cammack

Brad Clark

Debbie Cooley

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Shirley & Ed Cox

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Kim & Glenn Darden

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Jane & Roger Diseker

Katelyn Douglas

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Elise & John Gerdes

Heather Gerety

Gary Goble

Esther Gragbow

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Jaclyn Halk

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Tito's Handmade Vodka

Total Wine and More

Tricia Carter Wood

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## Parenting is hard. You don't have to do it alone.

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