



QUARTERLY SERVICE GUIDE JULY - SEPTEMBER 2021



Certificate
of
Completion

To register for classes or for more details visit theparentingcenter.org
or call **817-332-6348** (se habla Español).

Due to the recent COVID-19 pandemic, many classes will be facilitated virtually.
Locations for each class are listed below. If you have any questions please call 817-332-6348.


FREE
Workshop

PARENTING WORKSHOPS

Classes will be live-streamed online on Tuesdays from 6:30 - 8:30 p.m. Tuition | \$20 in advance, \$30 the day of class.
Tuition for each additional household member is \$5.

Developing Responsible Children	Jul 6	Developing Responsible Children	Aug 24
Positive Discipline	Jul 13	Positive Discipline	Aug 31
Making Rules and Enforcing Consequences	Jul 20	Making Rules and Enforcing Consequences	Sept 7
Parenting Styles	Jul 27	Parenting Styles	Sept 14
Birth Order	Aug 3	Birth Order	Sept 21
Building Self-Esteem	Aug 10	Building Self-Esteem	Sept 28
Improving Communication	Aug 17		

The following classes will be live-streamed online.
Tuition | \$20 in advance, \$30 the day of class.




	Ages & Stages of Infants and Toddlers	Thursday	July 8	6:00 p.m. - 8:00 p.m.
	Positive Discipline	Thursday	Aug 5	6:00 p.m. - 8:00 p.m.
	Recognizing & Reporting Child Abuse	Friday	Aug 6	12:00 p.m. - 2:00 p.m.
	Parenting a Child with ADHD	Thursday	Aug 12	6:00 p.m. - 8:00 p.m.
	Parenting the Strong-Willed Child	Thursday	Sept 9	6:00 p.m. - 8:00 p.m.

FAMILY TRANSITIONS

The following classes will be live-streamed online. Tuition | \$45 in advance, \$60 the day of class.

	Co-Parenting Essentials	Friday	July 9	9:00 a.m. - 1:00 p.m.
	Co-Parenting Essentials	Saturday	July 17	9:00 a.m. - 1:00 p.m.
	Kids First	Saturday	July 24	9:00 a.m. - 1:00 p.m.
	Co-Parenting Essentials	Saturday	July 31	9:00 a.m. - 1:00 p.m.
	Kids First	Saturday	Aug 7	9:00 a.m. - 1:00 p.m.
	Co-Parenting Essentials	Saturday	Aug 21	9:00 a.m. - 1:00 p.m.
	Kids First	Saturday	Sept 11	9:00 a.m. - 1:00 p.m.
	Co-Parenting Essentials	Saturday	Sept 18	9:00 a.m. - 1:00 p.m.

The following classes will be in-person at TPC. Tuition | \$45 in advance, \$60 the day of class.

	Co-Parenting Essentials	Friday	Aug 13	9:00 a.m. - 1:00 p.m.
	Co-Parenting Essentials	Friday	Sept 3	12:00 p.m. - 4:00 p.m.
	Co-Parenting Essentials	Friday	Sept 24	9:00 a.m. - 1:00 p.m.

IN
PERSON!

FWISD PARENTS & CAREGIVERS EXCLUSIVELY

FREE series of 8 classes open to parents or caregivers whose children attend a FWISD school.
Classes will be facilitated virtually. Additional dates available upon request.

PARENTS W/ PRE-TEENS & TEENS

	Nurturing Parenting	Wednesdays	Aug 4 - Sept 22	5:00 p.m. - 7:00 p.m.
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PARENTS W/ SCHOOL-AGE CHILDREN

	ACT: Raising Safe Kids	Tuesdays	Aug 3 - Sept 21	1:00 p.m. - 3:00 p.m.
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REFRESHER CLASSES

Need a quick **REFRESHER**? These free workshops are quick refreshers that are filled with tips and tricks that you may find helpful while on your parenthood journey. Register today and receive discounts for our other full-length workshops.

All classes are live-streamed on Thursdays from 5:30—6:30 p.m.

Refresh: Strong-Willed Child	Thursday	July 15	5:30 p.m. - 6:30 p.m.
Refresh: Balancing Work and Family	Thursday	Aug 19	5:30 p.m. - 6:30 p.m.
Refresh: Brain and Behavior	Thursday	Sept 16	5:30 p.m. - 6:30 p.m.

*Refresher class participants will receive a *digital* certificate of completion.



ADDITIONAL FREE PROGRAMMING



SUMMER ENGAGEMENT SERIES

The summer months can be rough; the sweltering heat, family, kiddos, relationships and the back to school shuffle can zap your energy. We've got something that may help!

Our **Summer Engagement Series** is curated to help you navigate all that the summer months offer. We're talking parenting tips, how-tos, summer fun, conflict antidotes, and more! Tune-in every Thursday on Facebook Live at 11a.m. (English) and 11:30 (Spanish) through August 26 to participate!

It's Complicated | Teen Relationship Survival Series (Virtual) | July 6-29, 2-4pm

Navigating relationships can be a big challenge, especially for teens. This 7-part series provides a roadmap to help teens in grades 9-12 recognize and understand warning signs, healthy communication, conflict resolution, identifying emotions, and developing a healthy relationship with money. Did we mention that registration is FREE and there is a gift-card incentive available for participants? For more information, call 817.332.6348 or email us at esp@theparentingcenter.org.



OUR PROGRAMS

IN-HOME PARENT COACHING

There are two programs that are tailored to each family's individual needs who have children between 3 and 16; both are designed to help the whole family. Our programs focus on your family's strengths and facilitates attainable goals that will support it for years to come.

The Nest Parenting Program includes connecting, empowering and correcting principles based in TCU's Trust-Based Relational Intervention (TBRI). Parent coaches spend 10 weeks in each family's home or virtual visits, ensuring parents connect, correct and empower their children who may have one of six risk factors.

Our Nurturing Program allows each family to choose aspects of their plan to work towards a more unified family from limiting screen time to building and creating schedules and even parenting a child with ADHD. [Call 817-632-5537 for more information.](#)

FREE PARENTING ADVICE LINE

Our trained parenting educators are standing by to assist you 12 p.m. to 3 p.m., Monday through Friday for any questions about raising children. [Call 817-332-6399 or submit your question online.](#)

COUNSELING & PLAY THERAPY

From A-Z, we handle all your therapy needs, including family, individual, and groups. Therapists are trained in specialties, including EMDR, TBRI, attachment disorders, trauma and filial and play therapy and offer a payment sliding-scale to our clients. [Call 817-632-5517 for more information.](#)

NEW EMPOWERING STUDENTS PROJECT

This NEW healthy relationship program is focused directly on students from grades 9 to 12, teaching them the value of marriage, relationship skills and understanding finances and budgeting. [Call 817-332-6348 for more information.](#)

EMPOWERING FAMILIES PROJECT

Want some quality time with your partner? The Empowering Families Project is a FREE program for couples that focuses on your relationship, parenting, finances, and career. [Call 682-710-2166 for more information.](#)

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