



QUARTERLY SERVICE GUIDE OCTOBER - DECEMBER 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.

Improving Communication	Oct 5	Building Self-Esteem	Nov 16
Developing Responsible Children	Oct 12	Improving Communication	Nov 23
Positive Discipline	Oct 19	Developing Responsible Children	Nov 30
Making Rules and Enforcing Consequences	Oct 26	Positive Discipline	Dec 7
Parenting Styles	Nov 2	Making Rules and Enforcing Consequences	Dec 14
Birth Order	Nov 9	Parenting Styles	Dec 21

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

🏠	Ages & Stages of Infants and Toddlers	Thursday	Oct 21	6:00 p.m. - 8:00 p.m.
🏠	Parenting a Child with ADHD	Thursday	Nov 11	6:00 p.m. - 8:00 p.m.
🏠	Parenting the Strong-Willed Child	Thursday	Dec 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.

🏠	Kids First	Saturday	Oct 2	9:00 a.m. - 1:00 p.m.
🏠	Co-Parenting Essentials	Friday	Oct 8	9:00 a.m. - 1:00 p.m.
🏠	Co-Parenting Essentials	Saturday	Oct 16	9:00 a.m. - 1:00 p.m.
🏠	Co-Parenting Essentials	Friday	Oct 29	12:00 p.m. - 4:00 p.m.
🏠	Kids First	Saturday	Nov 6	9:00 a.m. - 1:00 p.m.
🏠	Co-Parenting Essentials	Saturday	Nov 13	9:00 a.m. - 1:00 p.m.
🏠	Co-Parenting Essentials	Friday	Nov 19	9:00 a.m. - 1:00 p.m.
🏠	Co-Parenting Essentials	Saturday	Dec 4	9:00 a.m.—1:00 p.m.
🏠	Kids First	Saturday	Dec 11	9:00 a.m.—1:00 p.m.
🏠	Co-Parenting Essentials	Saturday	Dec 18	9:00 a.m.—1:00 p.m.

EN ESPAÑOL

Costo: \$ 20 por adelantado, \$ 30 el día de. Las siguientes clases se transmitirán en vivo en línea los jueves de 6:00-8:00 p.m.



🏠	Criando a un Niño con TDAH (o ADHD)	Oct 21
🏠	Criando a un Niño con un Comportamiento Díficil	Nov 18
🏠	Entendiendo y Manejando los Berrinches de su	Dec 16

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.

🏠	Strong-Willed Child	Oct 21
🏠	Balancing Work & Family	Nov 18
🏠	Managing Holiday Stress	Dec 16

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

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	Oct 13-Dec 8	5:00 p.m. - 7:00 p.m.
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PARENTS W/ SCHOOL-AGE CHILDREN

	ACT: Raising Safe Kids	Wednesdays	Oct 13-Dec 8	1:00 p.m. - 3:00 p.m.
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	ACT: Criar Niños Seguros	Tuesdays	Nov 2-Dec 21	5:00 p.m. - 7:00 p.m.
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ADDITIONAL FREE PROGRAMMING



FALL ENGAGEMENT SERIES

The pools have closed. School has started. Football is back on the field. And, the holidays are coming fast. The fall can be a hectic time, and a stressful one. We've got something that may help!

Our **Fall Engagement Series** is filled with tips from our experts who will offer up ideas on cultivating connections, communicating with your kids, handling those holiday challenges and more! Join our discussions every Thursday on Facebook Live at 11 a.m. (English) and 11:30 (Spanish) through November 8 to participate!

OUR PROGRAMS

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. Services are offered in-home and virtually in English and Spanish.

The **Nest 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 staff members 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

We are ready to meet your therapy needs for children, adolescents, and adults, whether through individual counseling, family counseling, or groups. Our diverse therapists are trained in a wide variety of

specialties such as attachment therapy and trauma and are ready to help you and your family thrive. Call 817-632-5517 for more information.

EMPOWERING STUDENTS PROJECT

This 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

Work stress? Family stress? Financial stress? We get it and are here for you. Empowering Families Project for couples can help reduce that stress by providing you and your partner with resources, communication tools, financial education and even job training. Check out more about this free program by visiting theparentingcenter.org today. Call 682-710-2166 for more information.

Upcoming Classes (Online):

Spanish Mondays Oct 11-Dec 6 6:00 p.m.-8:30 p.m.

English Thursdays Oct 21-Dec 16 6:00 p.m.-8:30 p.m.

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817.332.6348 | theparentingcenter.org

