



SERVICE GUIDE
JANUARY - MARCH

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 | \$25 in advance, \$35 the day of class.
Tuition for each additional household member is \$5.

● Understanding Brain Development	Jan 11	● Parenting Styles	Feb 22
● Developing Self-Worth	Jan 18	● Understanding Brain Development	Mar 1
● Strengthening Communication	Jan 25	● Developing Self-Worth	Mar 8
● Managing Feelings	Feb 1	● Strengthening Communication	Mar 15
● Positive Discipline	Feb 8	● Managing Feelings	Mar 22
● Making Rules and Enforcing Consequences	Feb 15	● Positive Discipline	Mar 29

The following classes will be live-streamed online.
Tuition | \$25 in advance, \$35 the day of class.

●	Controlling Anger in the Family	Monday	Jan 17	6-8 p.m.
●	Parenting a Child with ADHD	Monday	Feb 21	6-8 p.m.
●	Pre-Teens in the Wireless Age	Monday	Mar 21	6-8 p.m.

FAMILY TRANSITIONS

The following classes will be in-person. Tuition | \$50 in advance, \$65 the day of class.

●	Co-Parenting Essentials	Friday	Jan 21	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Feb 11	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Mar 11	9 a.m.-1 p.m.

The following classes will be live-streamed online. Tuition | \$50 in advance, \$65 the day of class.

●	Kids First	Saturday	Jan 15	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	Jan 29	9 a.m.-1 p.m.
●	Kids First	Saturday	Feb 5	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	Feb 19	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Feb 25	9 a.m.-1 p.m.
●	Kids First	Saturday	Mar 5	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	Mar 26	9 a.m.-1 p.m.

EN ESPAÑOL

Costo: \$25 por adelantado, \$35 el día de. Las siguientes clases se transmitirán en vivo en línea los jueves de 6-8 p.m.



●	Criando a un Niño con un Comportamiento Difícil	Jan 20
●	Disciplina Positiva	Mar 24

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	Feb 17
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*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. If your child does not attend FWISD, please reach out to us as you still may be eligible to attend.

PARENTS WITH PRE-TEENS & TEENS

● ●	Nurturing Parenting for Pre-Teens & Teens	Wednesday	Jan 19-Mar 9	5-7 p.m.
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PARENTS WITH SCHOOL-AGE CHILDREN

● ●	ACT: Raising Safe Kids	Wednesday	Jan 19-Mar 9	1-3 p.m.
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● ●	Nurturing Parenting	Monday	Jan 17-Mar 7	1-3 p.m.
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● ●	ACT: Criar Niños Seguros	Tuesday	Jan 18-Mar 8	1-3 p.m.
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ADDITIONAL FREE PROGRAMMING

The holiday hustle and bustle is behind us, and it's time to get back into daily routines. It also means a new round to our wonderful **Winter Engagement Series**.



WINTER ENGAGEMENT SERIES

The series is filled with tips from our experts who will offer up ideas on getting off to a good start in the new year, strengthening your relationships and even helping teens navigate their world. Join our discussions every Thursday on Facebook Live at 11 a.m. (English) and 11:30 a.m. (Spanish) through March 3 to participate!

OUR PROGRAMS

PARENT COACHING

One goal. Two options. Designed to meet the individual needs of families with children between the ages of 3 and 16, our parent coaching programs will provide you with the tools to talk with your kids, understand why they do what they do and ultimately strengthen your family's connections and create stronger bonds. Services are offered in-home and virtually in English and Spanish.

The **Nest Program** helps build up the trust and attachment between parents and their kids. Through the program, parents become more self aware and attuned to their children and behaviors. And, it all leads to a stronger relationship that helps empower kids and creates confidence. 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 "for complex developmental trauma."

Our **Nurturing Program** allows each family to choose aspects of their plan to work toward 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.](tel:817-632-5537)

FREE PARENTING ADVICE LINE

Our trained staff members are standing by to assist you from 12 p.m. to 3 p.m., Monday through Friday for any questions about raising children. [Call 817-332-6399.](tel:817-332-6399)

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 817-632-5506 for more information.](tel:817-632-5506)

ANGER MANAGEMENT CLASSES

Led by a qualified mental health professional, our on-going Anger Management classes can help you recognize your anger triggers and learn how to respond to them with new insight and self-control. [Call 817-332-6348 for more information.](tel:817-332-6348)

EMPOWERING STUDENTS PROJECT

It's tough being a teen. In fact, It's downright complicated. There's the stress of high school, relationships, parents, the future. We can help simplify things a bit. Through our Empowering Students Project, TPC partners with high schools to bring relationship education to Tarrant County classrooms and students grades 9-12. They'll learn skills to communicate, handle conflict and understand healthy relationships. [Call 817-332-6348 for more information.](tel:817-332-6348)

EMPOWERING FAMILIES PROJECT

Start the year off right by joining the program that is proven to work to improve your relationship and finances! Invest quality time with your partner in this free 8-week series on communication, conflict, intimacy and parenting. You may also be eligible for free financial coaching and employment coaching. [Call Maria Eugenia Castaneda at 817-632-5523 for more information.](tel:817-632-5523)

Upcoming Classes:

(Online)

English	Thursdays	Jan 20-Mar 10	6-8:30 p.m.
Spanish	Saturdays	Jan 22-Mar 12	9-11:30 a.m.

(In Person)

Spanish	Wednesdays	Feb 9-Apr 6	6-8:30 p.m.
Spanish	Mondays	Mar 7-May 2	6-8:30 p.m.
English	Thursdays	Mar 24-May 12	6-8:30 p.m.

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