



## QUARTERLY SERVICE GUIDE APRIL-JUNE 2022

CERTIFICATE OF  
COMPLETION

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

The Parenting Center has in-person and virtual options for many classes.  
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.

● Making Rules and Enforcing Consequences	Apr 5	● Making Rules and Enforcing Consequences	May 24
● Parenting Styles	Apr 12	● Parenting Styles	May 31
● Understanding Brain Development	Apr 19	● Understanding Brain Development	Jun 7
● Developing Self-Worth	Apr 26	● Developing Self-Worth	Jun 14
● Strengthening Communication	May 3	● Strengthening Communication	Jun 21
● Managing Feelings	May 10	● Managing Feelings	Jun 28
● Positive Discipline	May 17		

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

●	Ages and Stages of Infants and Toddlers	Monday	Apr 18	6-8 p.m.
●	Parenting a Child with ADHD	Monday	May 16	6-8 p.m.
●	Parenting the Strong-Willed Child	Monday	Jun 20	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	Apr 29	12-4 p.m.
●	Co-Parenting Essentials	Friday	May 20	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Jun 24	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	Apr 2	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Apr 8	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	Apr 23	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	May 7	9 a.m.-1 p.m.
●	Kids First	Saturday	May 14	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	Jun 4	9 a.m.-1 p.m.
●	Kids First	Saturday	Jun 11	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Jun 17	12-4 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.



●	Edades y Etapas de los Niños	Apr 28
●	Disciplina Positiva	Jun 23

## 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.

● ●	Balancing Work and Family	May 12
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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	Apr 13-Jun 1	5-7 p.m.
● ●	Nurturing Parenting for Pre-Teens & Teens	Wednesday	May 11-Jun 29	9-11 a.m.

### PARENTS WITH SCHOOL-AGE CHILDREN

● ●	ACT: Raising Safe Kids	Wednesday	Apr 13-Jun 1	1-3 p.m.
● ●	Nurturing Parenting	Monday	April 11-Jun 6	10 a.m.-noon
● ●	Nurturing Parenting	Monday	May 2-Jun 27	1-3 p.m.
● ●	ACT: Criar Niños Seguros	Tuesday	Apr 26-Jun 7	5-7 p.m.



## ADDITIONAL FREE PROGRAMMING



### SPRING ENGAGEMENT SERIES

We've made it through winter and all it had to deliver. Now Spring has sprung. That brings a new round to our wonderful **Spring Engagement Series**.

Our resident experts will take on topics that will provide valuable tips for parents, couples, kids and families. You won't want to miss out on our discussions, so join us every Thursday on Facebook Live at 11 a.m. (English) and 11:30 a.m. (Spanish) April 7- May 26.



# 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](tel:817-632-5537) for more information.

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

## CONTINUING EDUCATION

Clinical Director, Matthew Eubanks, MA LPC-S will present "Keeping the End in Mind: Best Practices for Navigating the Final Stage of Therapy" from 1-3 p.m. on June 17 at TPC. The course is available to any mental health practitioner needing CEUs. Cost: \$20 [Call 817-332-6348](tel:817-332-6348) for more information.

## 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](tel:817-332-6348) for more information.

## EMPOWERING FAMILIES PROJECT

Invest quality time with your partner in this free 6-week or 8-week series on communication, conflict, intimacy and parenting. You may also be eligible for free financial coaching and employment coaching. [Call 817-632-5523](tel:817-632-5523) or [email couples@theparentingcenter.org](mailto:emailcouples@theparentingcenter.org) for more information.

### Upcoming Classes:

(Online)

Spanish	Wednesdays	Apr 20-June 8	6-8:30 p.m.
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(In Person)

Spanish	Saturdays	Apr 16-May 7	9 a.m.-3 p.m.
Spanish	Mondays	May 16-July 18	5:30-8:30 p.m.
English	Thursdays	May 26-July 14	5:30-8:30 p.m.
Spanish	Saturdays	June 11-July 9	9 a.m.-3 p.m.
Spanish	Tuesdays	June 28-Aug 16	5:30-8:30 p.m.

\* (May 30, July 2 and July are 4 holidays)

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817.332.6348 | [theparentingcenter.org](http://theparentingcenter.org)