



## QUARTERLY SERVICE GUIDE JULY-SEPTEMBER 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

The following classes will be in-person. Tuition | \$25 in advance, \$35 the day of class.  
Tuition for each additional household member is \$5.

Strengthening Communication	Tuesday	Aug 9	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	Aug 30	6:30-8:30 p.m.
Understanding Brain Development	Tuesday	Sept 13	6:30-8:30 p.m.
Developing Self Worth	Tuesday	Sept 20	6:30-8:30 p.m.

The following classes will be live-streamed online.

Positive Discipline	Tuesday	July 5	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	July 12	6:30-8:30 p.m.
Parenting Styles	Tuesday	July 19	6:30-8:30 p.m.
Understanding Brain Development	Tuesday	July 26	6:30-8:30 p.m.
Developing Self Worth	Tuesday	Aug 2	6:30-8:30 p.m.
Managing Feelings	Tuesday	Aug 16	6:30-8:30 p.m.
Positive Discipline	Tuesday	Aug 23	6:30-8:30 p.m.
Parenting Styles	Tuesday	Sept 6	6:30-8:30 p.m.
Strengthening Communication	Tuesday	Sept 27	6:30-8:30 p.m.

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	July 18	6-8 p.m.
●	Discipline and Your Teen	Monday	Aug 15	6-8 p.m.
●	Parenting a Child with ADHD	Monday	Sept 19	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	July 22	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Aug 19	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	Sept 16	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	July 9	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	July 16	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Friday	July 29	9 a.m.-1 p.m.
●	Kids First	Saturday	Aug 6	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	Aug 12	9 a.m.-1 p.m.
●	Kids First	Saturday	Aug 27	9 a.m.-1 p.m.
●	Co-Parenting Essentials	Saturday	Sept 10	9 a.m.-1 p.m.
●	Kids First	Saturday	Sept 24	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.



●	Disciplina Positiva	July 28
●	Fortaleciendo la Comunicación	Sept 29

## 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.

● ●	Parenting the Strong-Willed Child	Aug 11
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\*Refresher class participants will receive a *digital* certificate of completion upon request.

## PARENTS & CAREGIVERS EXCLUSIVELY

**FREE** series of 8 classes open to parents or caregivers.  
Classes will be facilitated virtually. Additional dates available upon request.

### PARENTS WITH PRE-TEENS & TEENS

● ●	Nurturing Parenting for Pre-Teens & Teens	Wednesday	July 6-Aug 24	5-7 p.m.
● ●	Nurturing Parenting for Pre-Teens & Teens	Wednesday	July 6-Aug 24	10 a.m.-noon

### PARENTS WITH SCHOOL-AGE CHILDREN

● ●	ACT: Raising Safe Kids	Wednesday	July 6-Aug 24	1-3 p.m.
● ●	Nurturing Parenting	Monday	July 11-Aug 29	10 a.m.-noon
● ●	Nurturing Parenting	Monday	Aug 1-Sept 26	1-3 p.m.
● ●	ACT: Criar Niños Seguros	Tuesday	July 12-Aug 31	2-4 p.m.



## ADDITIONAL FREE PROGRAMMING



### SUMMER ENGAGEMENT SERIES

TPC's Summer Engagement Series is underway. Our team will help you handle many of the challenges that families face during the summer break. We will introduce you to one of our community partners along the way.

You won't want to miss a minute, so join us every Thursday on Facebook Live at 11 a.m. (English) and 11:30 a.m. (Spanish) through July 28.



# 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 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 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 & PLAY THERAPY

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 EMDR, TBRI, attachment therapy, play therapy and trauma.

We offer a payment sliding scale and accept a variety of insurance plans. We are ready to help you and your family thrive. [Call 817-332-6348 for information.](tel:817-332-6348)

## PROFESSIONAL DEVELOPMENT

TPC will offer two professional development opportunities. The cost for each course is \$25. Participants will receive 2 CEUs. [Call 817-332-6348 for information.](tel:817-332-6348)

Stress Management will be from 11 a.m.-1 p.m. on Aug. 11.

Keeping the End in Mind: Best Practices for Navigating the Final Stage of Therapy will be 1-3 p.m. on Sept. 23.

## 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

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. Classes are in person and include free meals and childcare. Spots are limited. [Call 817-632-5523 or email \[couples@theparentingcenter.org\]\(mailto:couples@theparentingcenter.org\) for information.](tel:817-632-5523)

### Upcoming Classes

English	Thursdays	July 21-Sept. 8	5:30-8:30 p.m.
Spanish	Mondays	July 25-Sept. 19	6-8:30 p.m.
Spanish	Saturdays	Aug. 6-Aug. 27	9 a.m.-3 p.m.
Spanish	Tuesdays	Aug. 23-Oct. 11	5:30-8:30 p.m.
Spanish	Saturdays	Sept. 10-Oct. 8	9 a.m.-3 p.m.
English	Thursdays	Sept. 22-Nov. 10	5:30-8:30 p.m.
Spanish	Mondays	Sept. 26-Nov. 14	5:30-8:30 p.m.

\* (September 5 and October 1 are holidays)

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

