



## QUARTERLY SERVICE GUIDE OCTOBER-DECEMBER 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 live-streamed online. Tuition | \$25 in advance, \$35 the day of class.  
Tuition for each additional household member is \$5.

Managing Feelings	Tuesday	Oct 4	6:30-8:30 p.m.
Positive Discipline	Tuesday	Oct 11	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	Oct 18	6:30-8:30 p.m.
Parenting Styles	Tuesday	Oct 25	6:30-8:30 p.m.
Understanding Brain Development	Tuesday	Nov 1	6:30-8:30 p.m.
Developing Self Worth	Tuesday	Nov 8	6:30-8:30 p.m.
Strengthening Communication	Tuesday	Nov 15	6:30-8:30 p.m.
Managing Feelings	Tuesday	Nov 22	6:30-8:30 p.m.
Positive Discipline	Tuesday	Nov 29	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	Dec 6	6:30-8:30 p.m.
Parenting Styles	Tuesday	Dec 13	6:30-8:30 p.m.
Understanding Brain Development	Tuesday	Dec 20	6:30-8:30 p.m.

## FAMILY TRANSITIONS

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

● Kids First	Saturday	Oct 1	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Oct 8	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Oct 22	9 a.m.-1 p.m.
● Kids First	Saturday	Oct 29	9 a.m.-1 p.m.
● Kids First	Saturday	Nov 5	9 a.m.-1 p.m.
● Co-Parenting Essentials	Friday	Nov 11	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Nov 19	9 a.m.-1 p.m.
● Kids First	Saturday	Dec 3	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Dec 10	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Dec 17	9 a.m.-1 p.m.

The following classes will be live-streamed online.

Tuition | \$25 in advance, \$35 the day of class.

● Understanding Fetal Alcohol Syndrome	Thursday	Oct 20	6-8 p.m.
● Managing Holiday Stress	Monday	Nov 21	6-8 p.m.
● Grandparents Raising Grandchildren	Wednesday	Dec 14	6-8 p.m.



## 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.

“Sometimes I wish there were two of me!” This class teaches participants about the negative effects of imbalance between work and family. Parents will learn how to work together as a family, set goals, and prioritize between work and family.

● ●	Balancing Work & Family	Nov 17
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\*Refresher class participants will receive a *digital* certificate of completion upon request.

## CHILDREN SERIES

2 New Series! Classes can be taken independently, but a discount will be given if the full series of 3 is purchased.  
Discount: Purchase two classes and get the third for \$5

● Ages & Stages	Tuesday	Nov. 1	5-7 p.m.
● Managing Temper Tantrums	Wednesday	Nov 2	5-7 p.m.
● Children & Play	Thursday	Nov. 3	5-7 p.m.

## TEEN SERIES

● Teen Brain Development	Monday	Oct 10	6-8 p.m.
● Communicating With Your Teen	Wednesday	Oct 12	6-8 p.m.
● Teens & Technology	Friday	Oct 14	6-8 p.m.



## ADDITIONAL FREE PROGRAMMING



### FALL ENGAGEMENT SERIES

TPC's Fall Engagement Series kicks off on November 3. Our team will provide advice on family, life and managing the stressors that often come with the holidays to help make the seasons bright.

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 December 15.



## 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.

### 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.

### 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.

### PROFESSIONAL DEVELOPMENT

The cost for each course is \$25. Participants will receive 2 CEUs. Call 817-332-6348 for information.

SOS! Help for Childcare Staff will be from 9-11 a.m. on December 2.

### 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.

### EMPOWERING FAMILIES PROJECT

Invest quality time with your partner in this free 6-week or 8-week series on communication, conflict, intimacy and parenting. The program is part of a research project, and you may also be eligible for free financial coaching and employment coaching. In-person classes include free meals and childcare. Spots are limited. Call 817-632-5523 or email [couples@theparentingcenter.org](mailto:couples@theparentingcenter.org) for information.

### Upcoming Classes

Spanish	Saturdays	Oct 15-Dec 10	9-10:30 a.m.
Spanish	Tuesdays	Nov 1-Jan 10	5:30-8:30 p.m.
English	Thursdays	Nov 17-Jan 26	5:30-8:30 p.m.
Spanish	Wednesdays	Dec 7-Feb 8	5:30-8:30 p.m.
* (November 22, 24, 26 and December 20, 21, 22, 27, 28 and 29 are holidays)			

TPC also offers a free, quarterly date night in English and Spanish. The next one is TBD. Join us!

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