



QUARTERLY SERVICE GUIDE
JANUARY-MARCH
2023

CERTIFICATE OF
COMPLETION

To register for classes or for more details visit 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.

Developing Self-Worth	Tuesday	Jan 10	6:30-8:30 p.m.
Strengthening Communication	Tuesday	Jan 17	6:30-8:30 p.m.
Managing Feelings	Tuesday	Jan 24	6:30-8:30 p.m.
Positive Discipline	Tuesday	Jan 31	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	Feb 7	6:30-8:30 p.m.
Parenting Styles	Tuesday	Feb 14	6:30-8:30 p.m.
Understanding Brain Development	Tuesday	Feb 21	6:30-8:30 p.m.
Developing Self-Worth	Tuesday	Feb 28	6:30-8:30 p.m.
Strengthening Communication	Tuesday	Mar 7	6:30-8:30 p.m.
Managing Feelings	Tuesday	Mar 14	6:30-8:30 p.m.
Positive Discipline	Tuesday	Mar 21	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	Mar 28	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	Jan 14	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Jan 21	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Jan 28	9 a.m.-1 p.m.
● Kids First	Saturday	Feb 4	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Feb 11	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Feb 25	9 a.m.-1 p.m.
● Kids First	Saturday	Mar 4	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Mar 11	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Mar 25	9 a.m.-1 p.m.
● Co-Parenting Essentials	Friday	Mar 31	9 a.m.-1 p.m.

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

● Helping Children Handle their Feelings	Thursday	Jan 19	6-8 p.m.
● Conflict Resolution	Thursday	Feb 23	6-8 p.m.
● Positive Ways to Deal with Stress & Anger	Thursday	Mar 23	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.

“We just can’t talk anymore!” In this interactive class, learn about the expected developmental changes during the teen years and parental strategies to strengthen your relationship and help them thrive during this stage of development.

● ● Brain & Behavior	Feb 16
----------------------	--------

*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	Wednesday	Mar 8	6-8 p.m.
● Managing Temper Tantrums	Wednesday	Mar 22	6-8 p.m.
● Children & Play	Thursday	Mar 29	6-8 p.m.

TEEN SERIES

● Teen Brain Development	Wednesday	Feb 8	6-8 p.m.
● Communicating With Your Teen	Wednesday	Feb 15	6-8 p.m.
● Teens & Technology	Wednesday	Feb 22	6-8 p.m.



ADDITIONAL FREE PROGRAMMING



WINTER ENGAGEMENT SERIES

The new year will bring a new round of topics for our Winter Engagement Series. Our team will introduce new resources and offer up advice on many of the challenges we all face with our families, kids and life in general. So, tune in every Thursday for our Facebook Live sessions at 11 a.m. (English) and 11:30 a.m. (Spanish).

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.

Recognizing & Reporting Child Abuse will be at TPC from 9-11 a.m. on March 3.

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 for information.

Upcoming Classes

Spanish	Saturdays	Jan 21-Feb 11	9 a.m.-3 p.m.
Spanish	Tuesdays	Jan 31-Mar 28	5:30-8:30 p.m.
English	Thursdays	Feb 9-Apr 6	5:30-8:30 p.m.
Spanish	Wednesdays	Feb 22-Apr 19	5:30-8:30 p.m.
Spanish	Saturdays	Mar 25-Apr 15	9 a.m.-3 p.m.
* (March 13-18 there are no classes)			

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

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: # 90ZB0025. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.



2928 W. 5th Street, Fort Worth, TX 76107
817.332.6348 | theparentingcenter.org

