



2021  
ANNUAL REPORT





# FROM OUR EXECUTIVE DIRECTOR



I wanted to take a moment and thank you for your commitment and service to The Parenting Center.

2020 was a year of much transition and uncertainty. TPC responded quickly to the changing landscape of engagement and was able to become fully virtual in many of the program areas.

While we were ready to serve, it took some time for our clients and participants to acclimate to the virtual world. **With your support**, 2021 was a year of continued recovery for our community and a year of growth for TPC.

We kept our staff team employed and engaged in our community, continued to see clinical clients, and found ways to engage families through social media and virtual classrooms.

We are grateful for the opportunity to continue to serve those that need us, meet them where they are, and look forward to all that 2022 will hold.

Sincerely,

Chris Butler  
Executive Director

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## BOARD OF DIRECTORS

Michael Shedd, President  
Barbara Clark-Galupi  
Debbie Cooley  
Trudy Corbitt  
Leslie Wilson Cospier  
Michael Currie  
Alex Eysermans  
Bill Foust

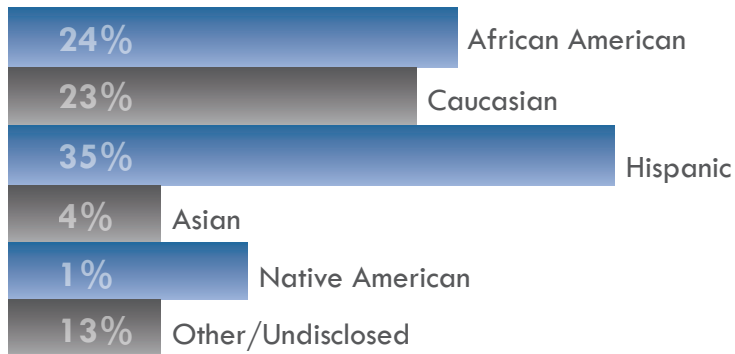
Sharon Herrera  
Justin Malone  
Nina Novy  
Becky Ramirez  
Jerry Thompson  
Tom Massimi Weaver  
Tricia Carter Wood  
Micah Woodcook

# WHO WE SERVED

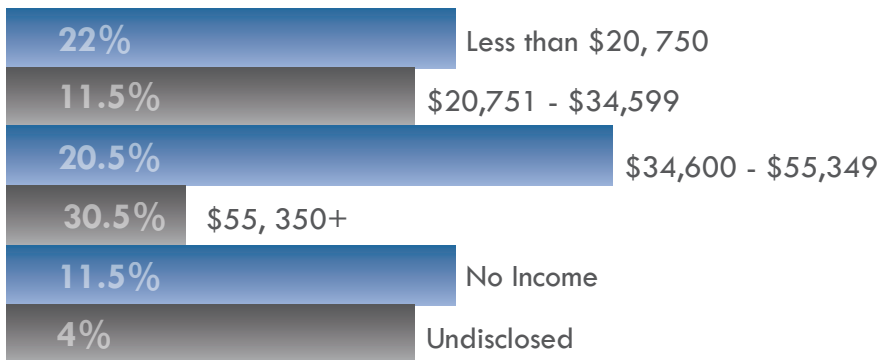
## 2,935

were served by TPC in 2021

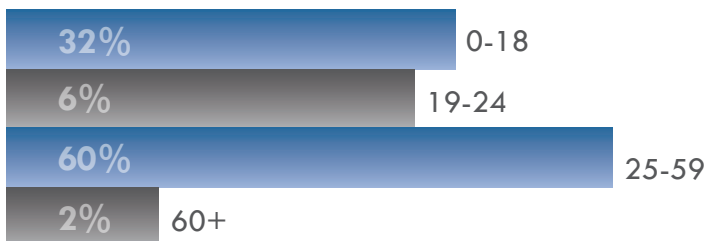
### ETHNICITY



### INCOME



### AGE



### GENDER



# HOW WE SERVE

Our Family Life programs are designed to support families in every aspect of life. From how to manage behavioral and communication challenges with your children, to successfully transitioning to a co-parenting relationship, we help navigate familial and parent-child relationships.



## FAMILY LIFE EDUCATION

- Awarded CCPD special projects grant
- Awarded PREP Competitive Grant for Future First
- Began Trust-Based training for untrained staff

## PARENTING EDUCATION

- Provided workshops to the community, virtually and in person, covering more than 50 topics
- Total served: 1133

## FAMILY TRANSITION

- Provided education and classes to families raising children between two homes
- Total served: 534

## PARENT COACHING

- Completed 306 sessions
- Families served: 61

Through our Empowering Students Project, TPC partners with high schools to bring relationship education to Tarrant County students who learn skills to communicate, handle conflict and understand healthy relationships.

- In its first year, ESP was one of 13 youth programs nationwide that met its 2021 goal.
- 88% of participants said they can effectively deal with conflicts that arise in their relationships.
- 91% reported that they better understand what makes a relationship healthy.
- Total served: 229

## EMPOWERING STUDENTS PROJECT





## EMPOWERING FAMILIES PROJECT

Empowering Families Project helps couples develop the necessary tools to spend more quality time together, communicate better, and learn how to resolve conflict to move toward a more healthy and happy family. Our program also provides support in other areas, including finances and employment.

- 98% of respondents said EFP was overall helpful
- 93% said the program was beneficial to their financial well-being
- Total served: 265

## CLINICAL COUNSELING

TPC's Clinical Counselors continued to provide individual, group, family and couples counseling with specialties including Trust-Based Relational Intervention, attachment disorders and trauma.

- Offered in-person services and telehealth options
- 17 therapists and/or interns provided services
- 36 clients participated in group counseling
- Nearly every client made progress toward their goals
- Total served: 443

## PARENTING ADVICE LINE

A free, confidential telephone line and email for parents or caregivers with questions about raising or caring for children.

- 17 therapists and/or interns provided services
- Total served: 331

## COMMUNITY ENGAGEMENT

Informs the community of TPC's mission and services through presentations and community events.

- Attended in-person events while maintaining social media presence, utilizing Facebook Live
- Brought back events such as Feast in the Fort that included nearly 150 community members