



QUARTERLY SERVICE GUIDE JULY-SEPTEMBER 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 virtual options for many classes.
Locations for each class are listed below. If you have any questions please call 817-332-6348.

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.

● Making Rules & Enforcing Consequences	Wednesday	July 5	6:30-8:30 p.m.
● Parenting Styles	Tuesday	July 11	6:30-8:30 p.m.
● Understanding Brain Development	Tuesday	July 18	6:30-8:30 p.m.
● Developing Self-Worth	Tuesday	July 25	6:30-8:30 p.m.
● Strengthening Communication	Tuesday	Aug 1	6:30-8:30 p.m.
● Managing Feelings	Tuesday	Aug 8	6:30-8:30 p.m.
● Positive Discipline	Tuesday	Aug 15	6:30-8:30 p.m.
● Making Rules & Enforcing Consequences	Tuesday	Aug 22	6:30-8:30 p.m.
● Parenting Styles	Tuesday	Aug 29	6:30-8:30 p.m.
● Developing Self-Worth	Tuesday	Sept 12	6:30-8:30 p.m.
● Strengthening Communication	Tuesday	Sept 19	6:30-8:30 p.m.
● Managing Feelings	Tuesday	Sept 26	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.

● Co-Parenting Essentials	Saturday	July 8	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	July 22	9 a.m.-1 p.m.
● Kids First	Saturday	July 29	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Aug 5	9 a.m.-1 p.m.
● Kids First	Saturday	Aug 12	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Aug 19	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Sept 16	9 a.m.-1 p.m.
● Co-Parenting Essentials	Friday	Sept 22	9 a.m.-1 p.m.
● Kids First	Saturday	Sept 23	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Sept 30	9 a.m.-1 p.m.

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

● Communicating with Respect	Thursday	July 27	6-8 p.m.
● Single Parent Survival	Thursday	Aug 24	6-8 p.m.
● Managing Temper Tantrums & Time-out	Thursday	Sept 28	6-8 p.m.



FREE
WORKSHOP

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.

“Must they always challenge me?” Learn about the traits of temperament and how these relate to the strong-willed child. The curriculum also includes: how parent temperament and parenting style affect child behavior, effective and respectful discipline techniques for the strong-willed child, and ways to nurture the child’s positive qualities.

● ● The Strong Willed Child July 13

*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	Sept 6	6-8 p.m.
● Managing Temper Tantrums	Wednesday	Sept 13	6-8 p.m.
● Children & Play	Wednesday	Sept 20	6-8 p.m.

TEEN SERIES

● Teen Brain Development	Wednesday	Aug 9	6-8 p.m.
● Communicating With Your Teen	Wednesday	Aug 16	6-8 p.m.
● Teens & Technology	Wednesday	Aug 23	6-8 p.m.

PROFESSIONAL DEVELOPMENT

For Childcare Staff this is a professional development course where individuals can learn skills for child behavior management and effective methods for communicating qualities. Tuition | \$25 in advance \$35 the day of class

● Ages & Stages	Friday	Sept 8	9 a.m -11 a.m.
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ADDITIONAL FREE PROGRAMMING



SUMMER
ENGAGEMENT
SERIES

From promoting self-care, to local summer fun to the history of Father's Day and even a library spotlight, our Summer Engagement Series covers it all. Check in every Thursday for our Facebook Live sessions at 11 a.m. (English) and 11:30 a.m. (Spanish).

OUR PROGRAMS

● ● YOUTH AND PARENT EDUCATION

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 817-415-2836 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.

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 817-632-5533 for more information.

FUTURE FIRST PROJECT

Put your future first with the Future First Project. FFP partners with Tarrant County high schools and community agencies serving adolescents 14 to 19 years old. Our purpose is to promote sexual risk avoidance and empower teens to take personal responsibility in their life planning. By providing comprehensive sex education, our teens are able to develop healthy relationships, receive medically accurate information to prevent STIs and reduce the risk of pregnancy. Call 817-632-5533 or email ff@theparentingcenter.org for more information.

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.

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 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	Wednesday	July 12-Aug 30	5:30-8:30 p.m.
Spanish	Saturday	July 29-Aug 19	9 a.m.-3 p.m.
Spanish	Tuesday	Aug 22-Oct 10	5:30-8:30 p.m.
English	Thursday	*Aug 31-Oct 19	5:30-8:30 p.m.
Spanish	Wednesday	Sept 13-Nov 1	5:30-8:30 p.m.

* (September 4 and October 9 are holidays)

TPC also offers a free, quarterly date night in English and Spanish. Join us for the next one!

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