



QUARTERLY SERVICE GUIDE
**OCTOBER-DECEMBER
 2023**



To register for classes or for more details visit theparentingcenter.org
 or call **817-332-6348** (se habla Español).

All classes listed below are virtual. 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.

● Positive Discipline	Tuesday	Oct 3	6:30-8:30 p.m.
● Making Rules & Enforcing Consequences	Tuesday	Oct 10	6:30-8:30 p.m.
● Parenting Styles	Tuesday	Oct 17	6:30-8:30 p.m.
● Understanding Brain Development	Tuesday	Oct 24	6:30-8:30 p.m.
● Developing Self-Worth	Wednesday	Nov 1	6:30-8:30 p.m.
● Strengthening Communication	Tuesday	Nov 7	6:30-8:30 p.m.
● Managing Feelings	Tuesday	Nov 14	6:30-8:30 p.m.
● Positive Discipline	Tuesday	Nov 21	6:30-8:30 p.m.
● Making Rules & Enforcing Consequences	Tuesday	Nov 28	6:30-8:30 p.m.
● Parenting Styles	Tuesday	Dec 5	6:30-8:30 p.m.
● Understanding Brain Development	Tuesday	Dec 12	6:30-8:30 p.m.
● Developing Self-Worth	Tuesday	Dec 19	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	Oct 7	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Oct 21	9 a.m.-1 p.m.
● Kids First	Saturday	Oct 28	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Nov 4	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Nov 18	9 a.m.-1 p.m.
● Kids First	Saturday	Dec 2	9 a.m.-1 p.m.
● Co-Parenting Essentials	Friday	Dec 8	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Dec 16	9 a.m.-1 p.m.

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

● Caring for the Traumatized Child	Thursday	Oct 12	6-8 p.m.
● Bullying	Thursday	Oct 26	6-8 p.m.
● Helping Children Handle Their Feelings	Thursday	Nov 9	6-8 p.m.
● Grandparents Raising Grandchildren	Thursday	Nov 16	6-8 p.m.
● Strengthening Stepfamilies	Thursday	Dec 7	6-8 p.m.
● Managing Holiday Stress	Thursday	Dec 14	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.

● ● Managing Temper Tantrums Oct 19

*Refresher class participants will receive a *digital* certificate of completion upon request.

PARENTING PACKAGES

Classes can be taken independently, but a discount will be given if a set of workshops are purchased.

*Purchase four workshops for \$85 and save \$15

*Purchase eight workshops for \$175 and save \$25

- Any Combination of Tuesday or Thursday Night Classes
- Must Attend Classes by the End of the Quarter
- DOES NOT INCLUDE Co-parenting/Kids First Workshop



ADDITIONAL PROGRAMMING



10.19.2023 | 6-10 p.m.

Join us for our 9th Annual Feast in the Fort!

Get your tickets today at:
www.theparentingcenter.org/events

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	Saturday	Sept 30-Oct 21	5:30-8:30 p.m.
Spanish	Tuesday	Oct 17-Dec 12	9 a.m.-3 p.m.
English	Thursday	*Nov 2-Jan 11	5:30-8:30 p.m.
Spanish	Saturday	*Nov 11-Dec 9	5:30-8:30 p.m.
Spanish	Wednesday	*Nov 29-Jan 31	5:30-8:30 p.m.

* (November 21-25 and December 21-30 are holidays)

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

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