



QUARTERLY SERVICE GUIDE
JANUARY-MARCH
2024



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.

● Strengthening Communication	Tuesday	Jan 2	6:30-8:30 p.m.
● Managing Feelings	Tuesday	Jan 9	6:30-8:30 p.m.
● Positive Discipline	Tuesday	Jan 16	6:30-8:30 p.m.
● Making Rules & Enforcing Consequences	Tuesday	Jan 23	6:30-8:30 p.m.
● Parenting Styles	Tuesday	Jan 30	6:30-8:30 p.m.
● Understanding Brain Development	Tuesday	Feb 6	6:30-8:30 p.m.
● Developing Self-Worth	Tuesday	Feb 13	6:30-8:30 p.m.
● Strengthening Communication	Tuesday	Feb 20	6:30-8:30 p.m.
● Managing Feelings	Tuesday	Feb 27	6:30-8:30 p.m.
● Positive Discipline	Tuesday	March 5	6:30-8:30 p.m.
● Making Rules & Enforcing Consequences	Tuesday	March 12	6:30-8:30 p.m.
● Parenting Styles	Tuesday	March 19	6:30-8:30 p.m.
● Understanding Brain Development	Tuesday	March 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	Jan 13	9 a.m.-1 p.m.
● Kids First	Saturday	Jan 20	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Jan 27	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Feb 3	9 a.m.-1 p.m.
● Kids First	Saturday	Feb 10	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Feb 24	9 a.m.-1 p.m.
● Co-Parenting Essentials	Friday	March 8	9 a.m.-1 p.m.
● Kids First	Saturday	March 16	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	March 23	9 a.m.-1 p.m.

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

● Managing Temper Tantrums & Time-Outs	Thursday	Jan 11	6-8 p.m.
● Discipline & Your Teen	Thursday	Jan 25	6-8 p.m.
● Ages & Stages	Thursday	Feb 8	6-8 p.m.
● Conflict Resolution	Thursday	Feb 22	6-8 p.m.
● Parenting the Strong Willed-Child	Thursday	March 7	6-8 p.m.
● Controlling Anger in the Family	Thursday	March 21	6-8 p.m.



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

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	Tuesday	Jan 16 - March 5	6-8:30 p.m.
Spanish	Saturday	Jan 27- Feb 17	9 a.m-3 p.m.
English	Thursday	*Feb 1 - March 28	6-8:30 p.m.
Spanish	Wednesday	*Feb 14 - April 10	6-8:30 p.m.
Spanish	Tuesday	March 19- May 7	6-8:30 p.m.
Spanish	Saturday	March 30- April 20	9 a.m-3 p.m.

* (March 13 and 14 are holidays)

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

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