



QUARTERLY SERVICE GUIDE  
APRIL-JUNE  
2025

CERTIFICATE OF  
COMPLETION

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

## PARENTING CLASSES

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

Developing Self-Worth	Tuesday	April 1	6:30-8:30 p.m.
Strengthening Communication	Tuesday	April 8	6:30-8:30 p.m.
Managing Feelings	Tuesday	April 15	6:30-8:30 p.m.
Positive Discipline	Tuesday	April 22	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	April 29	6:30-8:30 p.m.
Parenting Styles	Tuesday	May 6	6:30-8:30 p.m.
Understanding Brain Development	Tuesday	May 13	6:30-8:30 p.m.
Developing Self-Worth	Tuesday	May 20	6:30-8:30 p.m.
Strengthening Communication	Tuesday	May 27	6:30-8:30 p.m.
Managing Feelings	Tuesday	June 3	6:30-8:30 p.m.
Positive Discipline	Tuesday	June 10	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	June 17	6:30-8:30 p.m.
Parenting Styles	Tuesday	June 24	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	April 12	9 a.m.-1 p.m.
● Kids First	Saturday	April 19	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	May 10	9 a.m.-1 p.m.
● Kids First	Saturday	May 17	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	June 14	9 a.m.-1 p.m.
● Kids First	Saturday	June 21	9 a.m.-1 p.m.

## TRUST-BASED RELATIONAL INTERVENTION (TBRI)

The following classes must be taken in order as a complete series. Tuition | \$50 in advance, \$65 the day of class.

● Introduction to the Connected Child	Tuesday	June 5	6:30-8:30 p.m.
● Knowing Your Past to Heal Your Future	Tuesday	June 12	6:30-8:30 p.m.
● The Power of Meeting Your Child's Needs	Tuesday	June 19	6:30-8:30 p.m.
● How to Stay Connected When Parenting Gets Tough	Tuesday	June 26	6:30-8:30 p.m.



## ADDITIONAL PROGRAMMING

**PLAN FOR YOUR FUTURE.  
PUT YOURSELF FIRST.**  
FUTURE FIRST PROJECT

*clicks, connection & conversation:*

*CREATING STRONGER RELATIONSHIPS, ONE CLICK AT A TIME.*

EVERY MONDAY & WEDNESDAY, 6:00 -7:30 P.M.  
APRIL 14 - JUNE 2

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# 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."

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 817-632-5521 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, The Parenting Center partners with high schools and community agencies to bring relationship education to Tarrant County classrooms and students grades 9-12 or ages 14-17. They'll learn skills to communicate, identify money habits, handle conflict and understand healthy relationships. Call 817-632-5527 or email [esp@theparentingcenter.org](mailto:esp@theparentingcenter.org) for more information.

### FUTURE FIRST PROJECT

Put your future first with the Future First Project. Future First Project partners with Tarrant County high schools and community agencies serving adolescents 13 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, teens are able to develop healthy relationships, receive medically accurate information to prevent STIs and reduce the risk of pregnancy. Call 817-632-5527 or email [ff@theparentingcenter.org](mailto: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 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 or email [scheduling@theparentingcenter.org](mailto:scheduling@theparentingcenter.org) 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](mailto:couples@theparentingcenter.org) for information.

### Upcoming Classes

English	Thursday	March 27 - May 15	6-8:30 p.m.
Spanish	Saturday	April 12 - May 3	9 a.m.-3 p.m.
Spanish	Wednesday	April 23 - June 11	6-8:30 p.m.
Spanish	Tuesday	May 20 - July 8	6-8:30 p.m.
English	Thursday	May 29 - July 17	6-8:30 p.m.

\*(May 26, and July 4, are a holidays)

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

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