



QUARTERLY SERVICE GUIDE
JULY- SEPT
2025

CERTIFICATE OF
COMPLETION

To register for classes or for more details visit 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.

Understanding Brain Development	Tuesday	July 1	6:30-8:30 p.m.
Developing Self-Worth	Tuesday	July 8	6:30-8:30 p.m.
Strengthening Communication	Tuesday	July 15	6:30-8:30 p.m.
Managing Feelings	Tuesday	July 22	6:30-8:30 p.m.
Positive Discipline	Tuesday	July 29	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	Aug 5	6:30-8:30 p.m.
Parenting Styles	Tuesday	Aug 12	6:30-8:30 p.m.
Understanding Brain Development	Tuesday	Aug 19	6:30-8:30 p.m.
Developing Self-Worth	Tuesday	Aug 26	6:30-8:30 p.m.
Strengthening Communication	Tuesday	Sept 9	6:30-8:30 p.m.
Managing Feelings	Tuesday	Sept 16	6:30-8:30 p.m.
Positive Discipline	Tuesday	Sept 23	6:30-8:30 p.m.
Making Rules & Enforcing Consequences	Tuesday	Sept 30	6:30-8:30 p.m.

BEHAVIOR MANAGEMENT

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

● Parenting Young Children	Wednesday	July 2	6:30-8:30 p.m.
● Parenting Pre-Teens and Teens	Wednesday	July 9	6:30-8:30 p.m.
● Routines and Resolutions	Wednesday	July 16	6:30-8:30 p.m.
● Overcoming Family Friction	Wednesday	July 23	6:30-8:30 p.m.
● Positive Ways to Handle Stress and Anger	Wednesday	July 30	6:30-8:30 p.m.
● Parenting to Promote Healthy Development	Wednesday	Aug 6	6:30-8:30 p.m.
● Developing Responsible Children	Wednesday	Aug 13	6:30-8:30 p.m.
● Building Children's Self-Esteem	Wednesday	Aug 20	6:30-8:30 p.m.
● Parenting Young Children	Wednesday	Aug 27	6:30-8:30 p.m.
● Parenting Pre-Teens and Teens	Wednesday	Sept 3	6:30-8:30 p.m.
● Routines and Resolutions	Wednesday	Sept 10	6:30-8:30 p.m.
● Overcoming Family Friction	Wednesday	Sept 17	6:30-8:30 p.m.
● Positive Ways to Handle Stress and Anger	Wednesday	Sept 24	6:30-8:30 p.m.

FAMILY TRANSITIONS

The following classes will be in-person. Tuition | \$50 in advance, \$65 the day of class.

● Co-Parenting Essentials	Saturday	July 12	9 a.m.-1 p.m.
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The following classes will be live-streamed online. Tuition | \$50 in advance, \$65 the day of class.

● Kids First	Saturday	July 19	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Aug 9	9 a.m.-1 p.m.
● Kids First	Saturday	Aug 16	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Sept 13	9 a.m.-1 p.m.
● Kids First	Saturday	Sept 20	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	Monday	Aug 4	6:30-8:30 p.m.
Knowing Your Past and Healing Your Future	Monday	Aug 11	6:30-8:30 p.m.
The Power of Meeting Your Child's Needs	Monday	Aug 18	6:30-8:30 p.m.
How to Stay Connected When Parenting Gets Tough	Monday	Aug 25	6:30-8:30 p.m.
Introduction to the Connected Child	Monday	Sept 8	6:30-8:30 p.m.
Knowing Your Past and Healing Your Future	Monday	Sept 15	6:30-8:30 p.m.
The Power of Meeting Your Child's Needs	Monday	Sept 22	6:30-8:30 p.m.
How to Stay Connected When Parenting Gets Tough	Monday	Sept 29	6:30-8:30 p.m.

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 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 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 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	June 25- Aug 13	6-8:30 p.m.
Spanish	Saturday	July 12 - Aug 2	9 a.m.-3 p.m.
Spanish	Tuesday	July 22 - Aug 9	6-8:30 p.m.
English	Thursday	July 31 - Sept 18	6-8:30 p.m.
English	Saturday	Aug 23 - Sept 13	9 a.m.-3 p.m.

*(September 1st is a holidays)

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

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