



QUARTERLY SERVICE GUIDE
OCTOBER - DECEMBER
2025



PARENTING CLASSES

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

HEALTHY PARENTING & NURTURING SKILLS SERIES

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

● Parenting Styles	Tuesday	Oct 7	6:30-8:30 p.m.
● Understanding Brain Development	Tuesday	Oct 14	6:30-8:30 p.m.
● Developing Self-Worth	Tuesday	Oct 21	6:30-8:30 p.m.
● Strengthening Communication	Tuesday	Oct 28	6:30-8:30 p.m.
● Managing Feelings	Tuesday	Nov 4	6:30-8:30 p.m.
● Positive Discipline	Tuesday	Nov 11	6:30-8:30 p.m.
● Making Rules & Enforcing Consequences	Tuesday	Nov 18	6:30-8:30 p.m.
● Parenting Styles	Tuesday	Dec 2	6:30-8:30 p.m.
● Understanding Brain Development	Tuesday	Dec 9	6:30-8:30 p.m.
● Developing Self-Worth	Tuesday	Dec 16	6:30-8:30 p.m.

BEHAVIOR MANAGEMENT SERIES

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

● Parenting to Promote Healthy Development	Wednesday	Oct 1	6:30-8:30 p.m.
● Developing Responsible Children	Wednesday	Oct 8	6:30-8:30 p.m.
● Building Children's Self-Esteem	Wednesday	Oct 15	6:30-8:30 p.m.
● Parenting Young Children	Wednesday	Oct 22	6:30-8:30 p.m.
● Parenting Pre-Teens and Teens	Wednesday	Oct 29	6:30-8:30 p.m.
● Routines and Resolutions	Wednesday	Nov 5	6:30-8:30 p.m.
● Overcoming Family Friction	Wednesday	Nov 12	6:30-8:30 p.m.
● Positive Ways to Handle Stress and Anger	Wednesday	Nov 19	6:30-8:30 p.m.
● Parenting to Promote Healthy Development	Wednesday	Dec 3	6:30-8:30 p.m.
● Developing Responsible Children	Wednesday	Dec 10	6:30-8:30 p.m.
● Building Children's Self-Esteem	Wednesday	Dec 17	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	Oct 11	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	Oct 18	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Nov 8	9 a.m.-1 p.m.
● Kids First	Saturday	Nov 15	9 a.m.-1 p.m.
● Co-Parenting Essentials	Saturday	Dec 6	9 a.m.-1 p.m.
● Kids First	Saturday	Dec 13	9 a.m.-1 p.m.

TRUST-BASED RELATIONAL INTERVENTION (TBRI)

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

Introduction to the Connected Child	Monday	Oct 6	6:30-8:30 p.m.
Knowing Your Past and Healing Your Future	Monday	Oct 13	6:30-8:30 p.m.
The Power of Meeting Your Child's Needs	Monday	Oct 20	6:30-8:30 p.m.
How to Stay Connected When Parenting Gets Tough	Monday	Oct 27	6:30-8:30 p.m.
Introduction to the Connected Child	Monday	Nov 3	6:30-8:30 p.m.
Knowing Your Past and Healing Your Future	Monday	Nov 10	6:30-8:30 p.m.
The Power of Meeting Your Child's Needs	Monday	Nov 17	6:30-8:30 p.m.
How to Stay Connected When Parenting Gets Tough	Monday	Dec 8	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.



SCAN HERE TO FILL OUT OUR INTEREST FORM!

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.



SCAN HERE TO FILL OUT OUR INTEREST FORM!

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

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