



QUARTERLYSERVICEGUIDE  
JANUARY-MARCH  
2026



## PARENTING CLASSES

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

### HEALTHY PARENTING & NURTURING SKILLS SERIES

The following classes will be live-streamed online. Tuition | \$30 in advance, \$40 the day of class.

● Strengthening Communication	Tuesday	1/6	6:30 - 8:30 pm
● Managing Feelings	Tuesday	1/13	6:30 - 8:30 pm
● Positive Discipline	Tuesday	1/20	6:30 - 8:30 pm
● Making Rules and Enforcing Consequences	Tuesday	1/27	6:30 - 8:30 pm
● Parenting Styles	Tuesday	2/3	6:30 - 8:30 pm
● Understanding Brain Development	Tuesday	2/10	6:30 - 8:30 pm
● Developing Self Worth	Tuesday	2/17	6:30 - 8:30 pm
● Strengthening Communication	Tuesday	2/24	6:30 - 8:30 pm
● Managing Feelings	Tuesday	3/3	6:30 - 8:30 pm
● Positive Discipline	Tuesday	3/10	6:30 - 8:30 pm
● Making Rules and Enforcing Consequences	Tuesday	3/17	6:30 - 8:30 pm
● Parenting Styles	Tuesday	3/24	6:30 - 8:30 pm
● Understanding Brain Development	Tuesday	3/31	6:30 - 8:30 pm

## BEHAVIOR MANAGEMENT SERIES

The following classes will be live-streamed online. Tuition | \$30 in advance, \$40 the day of class.

● Parenting Young Children	Wednesday	1/7	6:30 - 8:30 pm
● Parenting Pre-Teens and Teens	Wednesday	1/14	6:30 - 8:30 pm
● Routines and Resolutions	Wednesday	1/21	6:30 - 8:30 pm
● Overcoming Family Friction	Wednesday	1/28	6:30 - 8:30 pm
● Positive Ways to Handle Stress and Anger	Wednesday	2/4	6:30 - 8:30 pm
● Parenting to Promote Healthy Development	Wednesday	2/11	6:30 - 8:30 pm
● Developing Responsible Children	Wednesday	2/18	6:30 - 8:30 pm
● Building Children's Self-Esteem	Wednesday	2/25	6:30 - 8:30 pm
● Parenting Young Children	Wednesday	3/4	6:30 - 8:30 pm
● Parenting Pre-Teens and Teens	Wednesday	3/11	6:30 - 8:30 pm
● Routines and Resolutions	Wednesday	3/18	6:30 - 8:30 pm
● Overcoming Family Friction	Wednesday	3/25	6:30 - 8:30 pm

## FAMILY TRANSITIONS

The following classes will be in-person. Tuition | \$55 in advance, \$70 the day of class.

● Co-Parenting Essentials	Saturday	3/14	9a - 1pm
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The following classes will be live-streamed online. Tuition | \$55 in advance, \$70 the day of class.

● Co-Parenting Essentials	Saturday	1/17	9a - 1pm
● Kids First	Saturday	1/24	9a - 1pm
● Co-Parenting Essentials	Saturday	2/14	9a - 1pm
● Kids First	Saturday	2/21	9a - 1pm
● Kids First	Saturday	3/21	9a - 1pm

## TRUST-BASED RELATIONAL INTERVENTION (TBRI)

The following classes must be taken in order as a complete series. Certificate awarded upon completion. Tuition | \$55 per class in advance, \$70 per class the day of.

● Introduction to the Connected Child	Monday	1/5	6:30 - 8:30 pm
● Knowing your Past and Healing your Future	Monday	1/12	6:30 - 8:30 pm
● No class - MLK Jr Day	Monday	1/19	
● The Power of Meeting Your Child's Needs	Monday	1/26	6:30 - 8:30 pm
● How to Stay Connected When Parenting Gets Tough	Monday	2/2	6:30 - 8:30 pm
● Introduction to the Connected Child	Monday	2/9	6:30 - 8:30 pm
● Knowing your Past and Healing your Future	Monday	2/16	6:30 - 8:30 pm
● The Power of Meeting Your Child's Needs	Monday	2/23	6:30 - 8:30 pm
● How to Stay Connected When Parenting Gets Tough	Monday	3/2	6:30 - 8:30 pm
● Introduction to the Connected Child	Monday	3/9	6:30 - 8:30 pm
● Knowing Your Past and Healing Your Future	Monday	3/16	6:30 - 8:30 pm
● The Power of Meeting Your Child's Needs	Monday	3/23	6:30 - 8:30 pm
● How to Stay Connected When Parenting Gets Tough	Monday	3/30	6:30 - 8:30 pm

# 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.



SCAN HERE 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.



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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