



 *the* Parenting Center

**QUARTERLY SERVICE GUIDE**  
Practical Tools for Stronger Families

APRIL - JUNE  
**2026**

## OUR CLASSES

### HEALTHY PARENTING & NURTURING SKILLS SERIES

🕒 Tuesdays | 6:30 – 8:30 PM

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

#### Developing Self-Worth

📅 April 7 | May 26

Does your child feel good about him or herself? Do you want to learn how to help your child have good self-esteem? This workshop is designed to help you and your family learn about building self-worth.

#### Managing Feelings

📅 April 21 | June 9

Feelings can be hard to understand, especially for children. Do you want to learn how to understand your feelings and those of your children? This workshop is designed to help you and your family learn about feelings.

#### Making Rules & Enforcing Consequences

📅 May 5 | June 23

Learn the steps for establishing clear expectations and for implementing practical consequences.

#### Understanding Brain Development

📅 May 19

Would you like to know more about brain development? Would you like to know why your children and teens do what they do? This workshop is designed to help you and your family learn about brain development in children and teens.

#### Strengthening Communication

📅 April 14 | June 2

Communicating feelings can be difficult for adults and children. Would you like to learn more about communication? This workshop is designed to help you and your family learn about communicating with respect.

#### Positive Discipline

📅 April 28 | June 16

This class teaches parents how to lead children toward smarter decisions rather than simply punishing disobedience. Participants will learn how to implement choices and consequences, ways to prevent misbehavior, and how to consider the child's unique temperament when planning discipline.

#### Parenting Styles

📅 May 12 | June 30

This class helps parents discover a balanced parenting style that is appropriate for their child's developmental level and effective at reducing misbehavior.



### BEHAVIOR MANAGEMENT SERIES

🕒 Wednesdays | 6:30 – 8:30 PM

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

#### Positive Ways to Handle Stress and Anger

📅 April 1 | May 27

Identify the causes and signs of stress and learn practical techniques to reduce anger, manage emotions, and strengthen family connections.

#### Developing Responsible Children

📅 April 15 | June 10

Responsibility is a skill that must be taught. Learn how to guide children through developmental stages and empower them to become accountable and capable.

#### Parenting Young Children

📅 April 29 | June 24

Explore the healthy stages of preschool development while learning how to support brain growth through play, early literacy, and age-appropriate activities that set the stage for lifelong success.

#### Overcoming Family Friction

📅 May 20

Learn about common sources of family conflict and discover practical strategies for diffusing tension, solving problems, and helping children resolve disagreements.

#### Parenting to Promote Healthy Development

📅 April 8 | June 3

Children's brains are constantly developing. Discover how everyday parenting choices can nurture cognitive, physical, and relational growth.

#### Building Children's Self-Esteem

📅 April 22 | June 17

Help your child feel accepted, capable, and loved while learning practical ways to encourage confidence and healthy self-worth.

#### Parenting Pre-Teens and Teens

📅 May 6

Strengthen your relationship with your teen through respectful discipline, compassionate communication, and strategies that help them develop confidence and positive attitudes about their future.

#### Routines and Resolutions

📅 May 13

Busy seasons can disrupt family life. Learn how to set family goals, build healthy routines, and stay connected with your kids while avoiding burnout.



## OUR CLASSES

### TRUST-BASED RELATIONAL INTERVENTION® (TBRI®)

TBRI® is a holistic model for helping children overcome social, behavioral and emotional challenges brought on by trauma. Trauma can include many things, from abuse and neglect to a single event such as a difficult birth or a natural disaster. These factors can cause changes in children's bodies, brains, behaviors and belief systems, often making it difficult for them to trust the loving adults in their lives, and resulting in perplexing behaviors. TBRI® is built on decades of research in attachment theory, sensory processing and neuroscience. It offers practical strategies to help the whole child, so they can build fulfilling lives after trauma:

- Empowering principles to address their physical needs
- Connecting principles to establish and restore healthy relationships they can depend on
- Correcting principles to disarm their fear-based behaviors

#### TRUST BASED RELATIONAL INTERVENTION®

🕒 Mondays | 6:30 – 8:30 PM 8:30 PM & Thursdays 10:00 AM - 12:00 PM

Tuition | \$55 per class in advance, \$70 the day of class.

The following classes must be taken in order as a complete series. Certificate awarded upon completion.

#### TBRI® Session 1: Introduction to the Connected Child

📅 April 6 | April 16 | May 4 | May 21 | June 8 | June 18

The first session introduces the three main principles of TBRI: connection, empowerment and correction.

#### TBRI® Session 2: Knowing Your Past to Heal Your Future

📅 April 13 | April 23 | May 11 | May 28 | June 15 | June 25

Discuss how to use engagement strategies and mindfulness to disarm fear and build trust with your child.

#### TBRI® Session 3: The Power of Meeting Your Child's Needs

📅 April 2 | April 20 | April 30 | May 18 | June 4 | June 22

We'll discuss successful strategies for nutrition, routines, meeting sensory needs, and self-regulation, because calm kids are happy kids.

#### TBRI® Session 4: How to Stay Connected When Parenting Gets Tough

📅 April 9 | April 27 | May 7 | June 1 | June 11 | June 29

Caregivers will learn how to help their child use appropriate strategies for getting their needs met.

### FAMILY TRANSITIONS

🕒 Saturdays | 9:00 AM – 1:00 PM

Tuition | \$55 in advance, \$70 the day of class.

#### Co-Parenting Essentials

📅 April 11 | \* May 9 | June 13

Classes will be live streamed online except May 9 will be in-person.

Co-Parenting Essentials is an evidence-based program designed to assist parents in co-parenting, focusing on adult issues related to communication, managing emotions and accepting personal responsibility for personal actions.

This class is designed to help prevent problems resulting from divorce and to keep children out of the middle of conflict.

#### Kids First

📅 April 18 | May 16 | June 20

Classes will be live-streamed online.

This workshop is designed to help adults explore how children perceive divorce and litigation. It focuses on the emotional issues adults and children experience in the litigation process and provides practical methods to deal with them in an ongoing co-parenting relationship.

TransParenting by Families First is the curriculum used for this workshop.

Kids First meets the Texas Family Code Title 5, Chapter 5, Section 105.009

# OUR PROGRAMS

## PARENT COACHING

Our parent coaching programs help strengthen family relationships by giving parents practical tools to communicate more effectively, understand behavior, and build stronger connections at home. Our approach is grounded in Trust-Based Relational Intervention (TBRI), a research-based model that helps parents build trust, connection, and healthy responses within the family.

Families work one-on-one with a parent coach to focus on the goals that matter most to them. Coaching may include creating routines, reducing screen time, managing challenging behaviors, or addressing other parenting concerns. Sessions are tailored to meet each family's unique needs and can take place in-home or virtually.

For more information, call 817-632-5521 or email [coaching@theparentingcenter.org](mailto:coaching@theparentingcenter.org).

## YOUTH RELATIONSHIP EDUCATION

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.

For more information call 817-632-5527 or email [youth@theparentingcenter.org](mailto:youth@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.

For more information 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 7-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.

See schedule below. Spots are limited so contact us today.

Dates	Language	Days	Location	Time
April 15 - May 27	Spanish	Wednesday	Online	6 - 8:30pm
April 16 - May 28	English	Thursday	One Safe Place	5:30 - 8:30pm
May 9 - May 30	Spanish	Saturday	One Safe Place	9 am - 3pm
June 2 - July 14	Spanish	Tuesday	One Safe Place	5:30 - 8:30pm
June 6 - June 27	English	Saturday	One Safe Place	9 am - 3pm
June 17 - July 29	Spanish	Wednesday	One Safe Place	5:30 - 8:30pm

For more information 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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