



**Service Guide**  
October–December  
**2017**

**General Parenting Workshops p. 2 & 3**

*Strategies for learning positive parenting skills*

**Family Transitions Workshops p. 3**

*Techniques for positive parenting while sharing custody of children*

**Community Workshops p. 3**

*Positive parenting workshops offered in community locations*

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*Strategies for learning positive parenting skills*

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Certificate  
of  
Completion

FREE  
Workshop

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

## General Parenting Workshops—Fort Worth

### Parenting Workshops

*S.T.E.P.®—Systematic Training for Effective Parenting.*

Package Plan: Register & pay in advance for all 7 topics together for \$120  
(7 classes for the price of 6!) Each additional household member is \$5.

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>In advance/at door</small>
Improving Communication	Tuesday	Oct 3	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Developing Responsible Children	Tuesday	Oct 10	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Positive Discipline	Tuesday	Oct 17	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Making Rules & Enforcing Consequences	Tuesday	Oct 24	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Parenting Styles	Tuesday	Nov 7	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Birth Order	Tuesday	Nov 14	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Building Self-Esteem	Tuesday	Nov 21	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Improving Communication	Tuesday	Nov 28	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Developing Responsible Children	Tuesday	Dec 5	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Positive Discipline	Tuesday	Dec 12	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Making Rules & Enforcing Consequences	Tuesday	Dec 19	6:30–8:30 p.m.	The Parenting Center	\$20/\$30

### PATH Workshops

*Workshops for parents of children with special needs.*

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>In advance/at door</small>
Is Your Child a Target of Bullying?	Thursday	Oct 19	6:30–8:30 p.m.	The Parenting Center	FREE
Texas Autism Supplement	Thursday	Nov 16	6:30–8:30 p.m.	The Parenting Center	FREE

### Clases en Español

NOMBRE DE LA CLASE	DIA	FECHA	HORA	LUGAR	PRECIO <small>In advance/at door</small>
Disciplina Positiva	miércoles	Oct 18	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Influencia del orden de nacimiento	miércoles	Nov 15	6:30–8:30 p.m.	The Parenting Center	\$20/\$30
Haciendo reglas e implementando las consecuencias	miércoles	Dec 20	6:30–8:30 p.m.	The Parenting Center	\$20/\$30

## Online Workshops

Online workshops are self-paced. To register, visit [theparentingcenter.org](http://theparentingcenter.org).

WORKSHOP TITLE	COST
Beyond Chore Charts: Raising Responsible Children	\$20
Managing Temper Tantrums	\$20
Understanding Rules and Consequences	\$20
The Birds and The Bees Before Grade 3	\$20
Communicating With Your Teen	\$20

## Family Transitions Workshops—Fort Worth

Additional Family Transitions Workshops are offered in Arlington.

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>In advance/at door</small>
Kids First	Saturday	Oct 7	9:00 a.m.–1:00 p.m.	The Parenting Center	\$45/\$60
Co-Parenting Essentials	Friday	Oct 27	9:00 a.m.–1:00 p.m.	The Parenting Center	\$45/\$60
Co-Parenting Essentials	Saturday	Nov 11	9:00 a.m.–1:00 p.m.	The Parenting Center	\$45/\$60
Co-Parenting Essentials	Saturday	Dec 2	9:00 a.m.–1:00 p.m.	The Parenting Center	\$45/\$60
Co-Parenting Essentials	Friday	Dec 8	9:00 a.m.–1:00 p.m.	The Parenting Center	\$45/\$60
Kids First	Saturday	Dec 9	9:00 a.m.–1:00 p.m.	The Parenting Center	\$45/\$60

## Community Workshops

WORKSHOP TITLE	DAY	DATE	TIME	LOCATION	COST <small>In advance/at door</small>
Helping Children Handle Their Feelings	Thursday	Oct 12	6:30–8:30 p.m.	<b>Cook Children's Medical Center</b> 801 7th Avenue, Fort Worth, 76104, Family Support Meeting Center	FREE
Parenting a Child with ADHD	Monday	Oct 16	6:00–8:00 p.m.	<b>Fort Worth Library—NW Branch</b> 6228 Crystal Lake Drive, Fort Worth, 76179	FREE
Time to Potty	Tuesday	Oct 17	6:30–8:00 p.m.	<b>Babies R Us</b> 5800 Overton Ridge Blvd., Fort Worth, 76132	FREE
Teaching Children to Care	Thursday	Nov 9	6:30–8:30 p.m.	<b>Cook Children's Medical Center</b> 801 7th Avenue, Fort Worth, 76104, Family Support Meeting Center	FREE
Managing Temper Tantrums	Thursday	Dec 14	6:30–8:30 p.m.	<b>Cook Children's Medical Center</b> 801 7th Avenue, Fort Worth, 76104, Family Support Meeting Center	FREE

# Junior League of Arlington—Center for Community Service

4002 West Pioneer Parkway, Arlington, 76013

## WORKSHOP TITLE

## DAY

## DATE

## TIME

## LOCATION

## COST

In advance/at door

Strengthening Step-Families	Wednesday	Oct 11	6:30–8:30 p.m.	JLA-TPC Classroom	\$20/\$30
Co-Parenting Essentials	Saturday	Oct 14	9:00 a.m.–1:00 p.m.	JLA-Room D & E	\$45/\$60
Communicating with Your Teen	Wednesday	Nov 1	6:30–8:30 p.m.	JLA-TPC Classroom	\$20/\$30
Kids First	Saturday	Nov 4	9:00 a.m.–1:00 p.m.	JLA-Room D & E	\$45/\$60
Discipline and Your Teen	Wednesday	Nov 8	6:30–8:30 p.m.	JLA-TPC Classroom	\$20/\$30
Co-Parenting Essentials	Friday	Nov 17	9:00 a.m.–1:00 p.m.	JLA-Room D & E	\$45/\$60
Kids First	Saturday	Nov 18	9:00 a.m.–1:00 p.m.	JLA-Room D & E	\$45/\$60
Controlling Anger in the Family	Wednesday	Dec 6	6:30–8:30 p.m.	JLA-TPC Classroom	\$20/\$30

## Professional Development

### Caring for the Traumatized Child

**FREE Training**

**October 25, 2017**

**6:30–8:30 p.m.**

**Junior League of Arlington—Center for Community Service, Room D & E**



*What kind of behaviors can I expect?*

Learn what types of behavioral challenges arise when a child has been abused or traumatized and discover how to meet the traumatized child's unique needs without sacrificing your own well-being. This class is highly recommended for foster parents and clinicians.

*This is a CEU class, so clock hours or CEUs for LPC, LMFT and Social Work will be available at no charge. Registration required.*

**For more information please contact Family Life Education Program Director, Jessica Seidel at 817-632-5521 or [jseidel@theparentingcenter.org](mailto:jseidel@theparentingcenter.org).**

# Other Services

## Counseling

### Providing Services for Individuals, Families, Couples and Children (Play Therapy)

For information on pricing or to schedule an appointment, please call 817-332-6348.

*Most health insurance plans and Medicaid are accepted.*

## Adult Anger Management Group

**The Parenting Center**  
**Tuesdays, 6:30–8:30 p.m.**  
**November 7–December 12**

**The Junior League of Arlington**  
**Thursdays, 6:00–8:00 p.m.**  
**October 5–November 9**

*Attendees must attend all six meetings for completion & certificate.*

*Some health insurance plans are accepted.*

*Self-pay individuals: \$20 in advance per person, per week or \$30 at the door per person, per week.*

## The Empowering Families Project

*How do you make time for each other? How can you be strong leaders for your children?  
Where do you see your family in 5 years? How are you going to afford to get there?*



Empowering Families Project invites you to join us for feast and fellowship during our **FREE** 8-week workshop focused on your relationship, finances, parenting and employment. You'll have a chance to strengthen your union by learning from experienced educators and peers in your community.

*A meal and childcare is provided. Incentives for participation are available.*

**For more information, call 817-632-5529 or visit [www.bit.do/familytime](http://www.bit.do/familytime)  
*Para información en español por favor de llamar al 817-632-5529***

*Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FM0073.*

## H.E.A.L. Program

H.E.A.L. (home visiting, education and leadership) is a **FREE**, 18-week in-home, family-strengthening program that utilizes a curriculum called SafeCare. Parents learn helpful skills that aid in managing children's misbehavior, as well as understand many beneficial ways of problem solving and communication. Skills training include child behavior management techniques, planned activities, how to create healthy parent-child interactions and child healthcare education.

*Participants who complete the full 18-week program receive a certificate of completion*

*Participants receive incentives, such as home safety kits, thermometers, behavior charts, MyFoodPlate, toothbrushes and gift cards upon completion.*

*\*Evening home visits are available on limited basis*

**For more information, please contact Program Director, Bliss Coulter at 817-632-5522 or [bcoulter@theparentingcenter.org](mailto:bcoulter@theparentingcenter.org)**

*Para información en español por favor de llamar al 817-632-5532*



*Funding for this project was provided by the Prevention and Early Intervention.*



## October–December 2017 Service Guide

### Live in Arlington?

Check out our **NEW**  
Classes in your Area!

\*\*\*\*AUTO\*\*ALL FOR AADC 760 T2 P1 412

Training Depot  
2001 E Main St  
Crowley, TX 76036-4111



[theparentingcenter.org](http://theparentingcenter.org)  
817-332-6348

## Let's Stay in Touch



Facebook.com/TheParentingCenter



@TheParentingCtr



@TheParentingCtr

**Newsletter** Sign up at [Theparentingcenter.org](http://Theparentingcenter.org)

**Call our FREE Parenting Advice Line**

**Monday through Friday, 12:00–3:00 p.m.**

**817-332-6399**

**Or submit your questions online at:  
[theparentingcenter.org/PAL](http://theparentingcenter.org/PAL)**

### Workshop Rules

- Only adult participants may attend workshops, children are not allowed.
  - Child care is NOT available.
- Payments are non-refundable, but may be transferable to another date.
- Prepayment and registration is required. To register, go to [theparentingcenter.org](http://theparentingcenter.org) or call 817-332-6348 (se habla Español).
  - Certificates will be issued after the class is completed and full payment is received.
- The Parenting Center reserves the right to cancel any workshop for lack of registrants. Every effort will be made to provide sufficient cancellation notice to participants.
  - Please arrive 15 minutes before class begins for registration. Late admissions will not be allowed.