



CALENDAR OF WORKSHOPS FOR MAY 2009 *June workshops on the next page

<p align="center">Workshops offered in FORT WORTH 2928 West 5th Street Pre-registration is required Call 817-332-6348 to register (Se habla Español)</p>	<p align="center">Workshops offered in BEDFORD 1903 Central Drive, Suite 303 Pre-registration is required Call 817-332-6348 to register (Se habla Español)</p>
<p>Wednesday, May 13 • 6:00-8:00p.m. Fee: \$90 S.T.E.P. (Systematic Training for Effective Parenting) Birth through the Teen Years (six two-hour classes) A six week class that offers parents realistic and practical approaches for meeting the challenges of raising children today. Positive approaches to problem solving will be discussed. The class meets every Wednesday evening for six weeks.</p> <p>Thursday, May 7 • 6:00-8:00p.m. Fee: \$20 CONTROLLING ANGER IN THE FAMILY "How can we control temper flare-ups?" Learn techniques that foster mutual respect and effective communication to diffuse anger in the family.</p> <p>Monday, May 18 • 9:30-11:30a.m. Fee: \$15 CARING FOR INFANTS (0-6 MONTHS) Oh no, babies don't come with instructions! Find out how to provide care to keep your infant healthy, safe, and nurtured.</p> <p>Thursday, May 21 • 9:30a.m.-12:30p.m. Fee: \$20 IMPACT OF ATTACHMENT The bond between child and caregiver is crucial to normal development. Discover the basics about attachment in infants and children, including information on the long-term effects of both healthy and unhealthy attachment. Overview includes information on assessment, classification and ways to facilitate healthy attachment between a child and caregiver. Learn how your personal attachment style can affect your care for children. (SW and LMFT CEUs available)</p> <p>Thursday, May 21 • 6:00-8:00p.m. Fee: \$20 STRENGTHENING STEPFAMILIES Ever feel like an outsider in your own family? Decipher the myriad of family roles and discover how to improve your step-parenting skills. Learn ways to improve communication among stepfamily members and how to manage conflict.</p>	<p>Tuesday, May 19 • 6:00-8:00p.m. Fee: \$20 POSITIVE DISCIPLINE "Why does my child misbehave?" Learn effective, positive methods for managing behavior and ways to eliminate many discipline difficulties.</p> <p>Tuesday, May 26 • 6:00-8:00p.m. Fee: \$20 CARING FOR THE TRAUMATIZED CHILD "What kind of behaviors can I expect?" Gain a basic understanding of the functions of the brain in the midst of trauma and how the brain continues to alter the way children respond to us. Learn what types of issues arise when a child has been abused or traumatized and discover ways to meet their needs while caring for the child and yourself. (SW and LMFT CEUs available)</p>
<p align="center">Have questions about raising your children?</p> <p align="center">Call our free Parenting Advice Line 817-332-6399</p> <p align="center">Monday - Friday, 12:00 to 3:00 p.m.</p>	<p align="center">Buying from Amazon.com?</p> <p>Here's your chance to help The Parenting Center raise extra funds without costing you a dime. Just go to www.TheParentingCenter.org/Partnership.html and click on the Amazon link. When you order your items, a portion of your purchases will benefit us!</p>
	<p align="center">Workshops offered in MANSFIELD 100 East Broad Street Pre-registration is required Call 817-332-6348 to register (Se habla Español)</p> <p>Tuesday, May 5 • 3:00-5:00p.m. FREE DEALING WITH DAY-TO-DAY ISSUES USING LOVE AND LOGIC Would you be interested in knowing how to make bedtime less stressful, get children to do chores without nagging, lessen the stress of getting ready to go to school each morning, determine when and how to use an allowance, know what to do when a child is being unpleasant, and help children take ownership of problems they can solve? If so, this course might help put the fun back in parenting!</p> <p>Tuesday, May 12 • 6:00-8:00p.m. Fee: \$20 PARENTING 101 Discover the characteristics of an effective parent and the roles they play in their child's upbringing. Identify ways to raise a child who is happy, healthy, responsible, makes good choices and who believes in him / her self.</p>



CALENDAR OF WORKSHOPS FOR JUNE 2009

<p align="center">Workshops offered in FORT WORTH 2928 West 5th Street Pre-registration is required Call 817-332-6348 to register (Se habla Español)</p>	<p align="center">Workshops offered in BEDFORD 1903 Central Drive, Suite 303 Pre-registration is required Call 817-332-6348 to register (Se habla Español)</p>
<p>Thursday, June 4 • 6:00-8:00p.m. Fee: \$10/person STRESS MANAGEMENT Learn ways to respond to the pressures of the workplace and the home. See how building support systems, improving time management, and setting realistic goals can reduce your stress level.</p> <p>New! Thursday, June 11 • 6:30-7:30p.m. Fee: \$5 STRATEGIES FOR COMMUNICATING WITH TEENS Are you frequently puzzled by strained conversations you have with your teen? Come to this interactive workshop for quick tips and strategizing moves to improve communication with your 13-17 year old teen.</p> <p>Friday, June 19 • 10a.m.-12p.m. FREE KEEPING YOUR COOL WITH KIDS OUT OF SCHOOL Summers can be fun as well as productive. Balancing structure and fun are, sometimes, quite a trick. Come explore ways to provide enjoyable and meaningful activities for children during the summer. <i>(This class must have 12 registered participants)</i></p>	<p>Tuesday, June 2 • 6:00-8:00p.m. Fee: \$20 TALKING TO CHILDREN ABOUT SENSITIVE ISSUES Are you an “approachable” parent? Learn how to make talking to your child about tough subjects such as sex, divorce, and death a productive and bonding experience. Discover how to help children face the often-traumatic experience of divorce.</p> <p>New! Tuesday, June 9 • 6:00-8:00p.m. Fee: \$20 ADAPTING PARENTING TO YOUR CHILDREN’S UNIQUE NEEDS: Guest Speaker, John Kough Discover the four motivations that make each child unique by using the DISC behavioral style assessment system. You'll learn how to tailor your own unique style as a parent to meet your children's specific needs more effectively. This simple resource helps enhance the way you understand, accept, appreciate and enjoy your children and their inherent temperaments.</p>
<p>New! Monday, June 29 • 10:00-11:00a.m. Fee: \$5 NOW I LAY ME DOWN TO SLEEP: HANDLING BEDTIME HEADACHES AND HASSLES <i>“I’m thirsty. I’m not sleepy. I’m scared of the dark.”</i> Learn the basics of handling many bedtime issues for parents of three to eight year olds. Find out how to make and implement a new and effective plan of action.</p> <p align="center">SCHOLARSHIPS AVAILABLE Scholarships are available for some classes, depending on family income. To apply, call 817-332-6348 and ask for an application for class fee reduction.</p> <p>WORKSHOP RULES FOR ALL PROGRAMS</p>	<p align="center">Workshops offered in MANSFIELD 100 East Broad Street Pre-registration is required Call 817-332-6348 to register (Se habla Español)</p> <p>Tuesday, June 16 • 6:30-7:30p.m. Fee: \$5 EFFECTIVELY USING TIME-OUT STRATEGIES Have you ever thought <i>“Time-outs just don’t work for my child?”</i> Come to this class to learn the basics of effective time out for two to five year olds, as well as common mistakes parents make in using time-out. Watch clips and participate in role play in this interactive one-hour class.</p> <p>Wednesday, June 24 • 3:00-5:00p.m. Fee: \$10 TAMING TODDLERS <i>“Why won’t he use the potty?”</i> Learn what is normal behavior and how to solve problems such as toilet training, sleep issues, and temper tantrums.</p>
<p>... In order to provide an optimal learning environment, please assist us by ensuring only adult participants attend workshops. No childcare is available.</p> <p>... Payments are non-refundable. Pre-payment is required.</p> <p>... Certificates will be issued after full payment is received.</p> <p>... 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 all participants.</p> <p>... Late admissions may not be allowed.</p>	<p>Did you know?</p> <p>The Parenting Center education department can teach parent and staff workshops at your location. Call for more information.</p> <p><i>Fees may apply.</i></p>



FAMILY TRANSITIONS WORKSHOPS AND PROGRAMS

The Co-Parenting Series consists of Children in the Middle Parts 1 & 2 and Kids First at a special price of \$110 per person, prepaid at least one business day in advance.

CHILDREN IN THE MIDDLE (Parts 1 & 2 of the series)

This two-part class is designed to assist parents in co-parenting, focusing on their children, and accessing alternate dispute services. Part 1 focuses on the adult issues related to conflict, responsibility, and alternate dispute resolution. Part 2 focuses on children's issues related to growing up between two homes and common mistakes parents make.

Fee: \$40 per person per session

CHECKS NOT ACCEPTED FOR THIS WORKSHOP

MAY

FORT WORTH

Monday, May 4 • 6:00-9:00p.m. (Part 1)
Monday, May 18 • 6:00-9:00p.m. (Part 2)

Saturday, May 16 • 9:00a.m.-12:10p.m. (Part 1)
Saturday, May 16 • 1:00p.m.-4:10p.m. (Part 2)

BEDFORD

Wednesday, May 20 • 6:00-9:00p.m. (Part 1)
Wednesday, May 27 • 6:00-9:00p.m. (Part 2)

JUNE

FORT WORTH

Monday, June 8 • 6:00-9:00p.m. (Part 1)
Monday, June 15 • 6:00-9:00p.m. (Part 2)

Saturday, June 20 • 9:00a.m.-12:10p.m. (Part 1)
Saturday, June 27 • 9:00a.m.-12:10p.m. (Part 2)

LIVING APART, WORKING TOGETHER

This two-week series will teach skills to help reduce tension and stress and improve communication through conflict resolution as you strive to work together for the well-being of the child while living apart.

Fee: \$40 for the two-part series
PRE-PAYMENT IS REQUIRED

BEDFORD

Wednesday, May 20 • 4:00-6:00p.m. (Part 1)
Wednesday, May 27 • 4:00-6:00p.m. (Part 2)

KIDS FIRST (Part 3 of the series)

This class 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.

Fee: \$50 in advance or \$60 at the door.

CHECKS NOT ACCEPTED FOR THIS WORKSHOP

MAY

Saturday, May 2 • 9:00a.m.-1:00p.m., Fort Worth *or*
Saturday, May 9 • 9:00a.m.-1:00p.m., Fort Worth *or*
Monday, May 18 • 5:00-9:00p.m., Mansfield

JUNE

Saturday, June 6 • 9:00a.m.-1:00p.m., Fort Worth *or*
Saturday, June 13 • 9:00a.m.-1:00p.m., Fort Worth *or*
Monday, June 22 • 5:00-9:00p.m., Mansfield

Co-Parenting Class Locations

Fort Worth, The Parenting Center
2928 West 5th Street

Bedford, The Parenting Center
1903 Central Drive, Suite 303

Mansfield, The Parenting Center
100 East Broad Street

ADULT ANGER MANAGEMENT - SIX WEEK SERIES

Identify anger management principles and learn the difference between positive and negative feelings. Once a week for six weeks.

Fee: \$120 for the six-week series
PRE-PAYMENT IS REQUIRED

JUNE Series Start Dates:

Monday, June 22 • 6:30-8:30p.m., Fort Worth
Wednesday, June 24 • 6:30-8:30p.m., Fort Worth

**Si gusta hacer arreglos para tomar la clase en español, favor de llamar al: 817-332-6348. Favor de hacer sus arreglos con la señorita Catherine Sang. Gracias!*

PLEASE ARRIVE 15 MINUTES BEFORE CLASS BEGINS FOR REGISTRATION. TO AVOID DISRUPTION, ADMISSION IS NOT ALLOWED AFTER CLASS BEGINS.



FREE WORKSHOPS FOR MAY AND JUNE 2009

Workshops offered in **FORT WORTH**

2928 W. 5th Street

Pre-registration is required

Call 817-332-6348 to register (*Se habla Español*)

Healthy Marriage-Healthy Families Program

Calendario de Talleres Para Mayo

Tuesday, May 5-26 • 6:00-8:00p.m. FREE **FEEDING THE STARVED MARRIAGE**

Are you **STARVED** in your relationship? Do you want to increase Safety, Trust, Appreciation, Respect, Validation, Encouragement, and Dedication? Critical to any healthy relationship is the right kind of change. Come learn to feed your relationship every day for life.

**This workshop qualifies for the \$60 marriage license fee waiver*

Saturday, May 30 • 9:00a.m.-5:30p.m. FREE **WHAT DO WE DO AFTER "I DO"?**

For Greater Connection and Happiness

You have both spent a lot of time and money preparing for your wedding day. Have you prepared for the month, year, or ten years after? This special seminar will teach engaged and newly married couples real world skills that will last a lifetime.

**This workshop qualifies for the \$60 marriage license fee waiver*

Tuesday, June 9-30 • 6:00-8:00p.m. FREE **COUPLES COMMUNICATION**

Why can't we communicate? This class is for couples who want to invest in learning how to relate to each other in more satisfying and lasting ways.

**This workshop qualifies for the \$60 marriage license fee waiver*

Saturday, June 20 • 9:00a.m.-5:30p.m. FREE **HOW TO AVOID MARRYING A JERK(ETTE)**

Have you ever said: "I should have known better." "He/she is such a jerk!" "Am I ready for this relationship?" Then come to this free and fun workshop! You will learn skills to have a healthy, lasting relationship ... and avoid marrying a jerk(ette)!

**This workshop qualifies for the \$60 marriage license fee waiver*

Engaged couples can now receive a \$60 fee waiver for their marriage license and will not have to wait 72 hours to get married upon completion of a qualifying **Together in Texas** marriage education class. For more information on the **Together in Texas** program call 817-332-6348. Check out the workshop descriptions on this page.

Miércoles, Mayo 6 • 6:00-8:00p.m. GRATIS **RESOLVIENDO CONFLICTOS**

¿Podemos trabajar esta situación?. Aprenda que el conflicto es una parte normal y saludable de las relaciones del hogar o el trabajo. Discutir las reglas para "una pelea justa" Descubra formas para resolver conflictos, construyendo acuerdos colaborativamente.

Tiene alguna pregunta sobre cómo criar a sus niños?

Llame a la Línea de Consejos para Padres
817-332-6399

De Lunes a Viernes de 12:00 a 3:00p.m.

Reglas de las clases para todos los Programas

Para proveer un óptimo entorno de aprendizaje, por favor ayúdenos a cumplir con lo siguiente:

- ... Solo personas adultas pueden participar en las clases.
- ... Los pagos no son reembolsables. Se requiere de un pre-pago ó depósito para garantizar un lugar.
- ... Los certificados serán entregados solo cuando el curso haya sido pagado.
- ... El Parenting Center se reserva el derecho de cancelar cualquier tipo o serie de cursos, si es que hubiera registrados menos de seis (6) participantes. Todo el esfuerzo será brindado para proveer aviso de cancelación a cada participante registrado en caso de ser necesario.
- ... No se permite llegar tarde a las clases.



The Parenting Center

Providing Families the Tools to Succeed

Workshop Registration

For all locations call: 817-332-6348

FREE COMMUNITY WORKSHOPS FOR MAY AND JUNE 2009

Cook Children's Medical Center

801 Seventh Avenue, Fort Worth 76104
Pre-registration is required - Call 817-332-6348

IMPROVING COMMUNICATION

Find out how to improve communication in your family or workplace: Learn skills to identify and change breakdowns in communication; learn to speak clearly and constructively; and learn how to listen accurately and productively.

... **Thursday, May 28 • 6:30-8:30p.m.**
Main Building, Pavilion Classroom 2

MAKING RULES, ENFORCING CONSEQUENCES

"Do you really mean it this time?" Learn step-by-step procedures for rule setting to avoid negative behavior.

... **Thursday, June 25 • 6:30-8:30p.m.**
Main Building, Pavilion Classroom 2

CHILD ABUSE PREVENTION

While April was National Child Abuse Awareness Month, our focus on prevention continues. Here are some tips to lessen your child's vulnerability to abuse:

1. Listen to your child - even to their "ramblings". This teaches them that if you're willing to listen to mundane things, you will also be there to hear crucial bits of information about events they may have experienced.
2. Limit the number of people who have unlimited access to your child.
3. Help your child identify feelings and find creative and healthy ways to deal with those feelings.

Grapevine Public Library

1201 Municipal Way, Grapevine 76051
Pre-registration is required - Call 817-332-6348

MANAGING THE STRONG-WILLED CHILD

"Must she always challenge me?" Learn about the unique characteristics of the strong-willed child and specific techniques for communication, positive discipline, and overall nurturing.

... **Saturday, June 20 • 10:30a.m.-12:30p.m.**

Did you know?

The Parenting Center education department can teach parent and staff workshops at your location. Call for more information.

Fees may apply.

Light of the World Methodist Church

102 Elm Street, Weatherford 76089
Pre-registration is required - Call 800-369-4230

BUILDING CHILDREN'S SELF-ESTEEM

Do you know or have a child who worries about what others think about him/her? Learn ways to improve children's self-esteem.

... **Tuesday, May 26 • 6:30-8:30p.m.**

COMMUNICATING WITH YOUR TEEN

"Will you talk to me?" Learn communication skills that will improve your relationship with your teen.

... **Tuesday, June 30 • 6:30-8:30p.m.**

NOTE: Babysitting is provided by Light of the World and is available on a limited basis for \$5 per family. *Babysitting reservations must be made through Light of the World.* Call Jana Wear at 817-832-6250 to reserve a place for your child.

**PLEASE PRE-REGISTER WITH
THE PARENTING CENTER TO ATTEND THE CLASS**

**Have questions about raising your children?
Call our free Parenting Advice Line
817-332-6399
Monday-Friday, 12:00 to 3:00p.m.**

SINGLE PARENTS' CORNER

Single Parent Family Network Community Enrichment Center

6250 NE Loop 820, North Richland Hills 76180
Pre-registration is required - Call 817-332-6348

MAKING RULES, ENFORCING CONSEQUENCES

"Do you really mean it this time?" Learn step-by-step procedures for rule setting to avoid negative behavior.

... **Thursday, May 21 • 7:30-8:30p.m.**

NOTE: Babysitting is provided by the Community Enrichment Center on a limited basis. *Babysitting reservations must be made through the Community Enrichment Center.* Call Jere McCully at 817-281-1164 to reserve a place for your child.

**PLEASE PRE-REGISTER WITH
THE PARENTING CENTER TO ATTEND THE CLASS**



The Parenting Center
Providing Families the Tools to Succeed
 2928 West Fifth Street
 Fort Worth, Texas 76107-2291
 www.TheParentingCenter.org

Address Service Requested

Non-Profit Org.
 U.S. Postage
 PAID
 Permit No. 1133
 Fort Worth, Texas

May/June 2009

CALENDAR OF WORKSHOPS



The Parenting Center
Providing Families the Tools to Succeed

Workshop Registration
 For all locations call: **817-332-6348**

MAY - JUNE 2009

SUMMER PARENTING TIPS

Summer activities that we can do with our children:

1. Go to the Farmer's Market. (Comparison shopping)
2. Have a picnic breakfast.
3. Put on your swimsuits and wash the car or the bicycles. When you finish, play with the water and have some fun!
4. At night, watch the stars. Lie on a blanket with an astronomy chart & flashlight and talk about the wonder of what you see.
5. Create books about our children: birth date, handprints and footprints, drawings of themselves and their family, and stories they have written.
6. Visit a nursing home with your children.

Algunas actividades que podemos hacer con nuestros hijos:

1. Ir al Mercado Central. (O Ir de shopping)
2. Hacer del desayuno un Picnic.
3. Colocarse los trajes de baño y lavar el auto o las bicicletas...al terminar, jugar con agua, empaparse, mojarse unos y otros!!!
4. A la noche salir al jardín, recostarse sobre una lona (o playera) y mirando las estrellas jugar con linternas.
5. Escribir o crear libros sobre sus propios hijos, utilizando dibujos, su nacimiento, su graduación, fotografías, o arte hecho por ellos mismos. Otra variante, el libro puede titularse "que hice este verano".
6. Visitar algún hogar de ancianos con sus niños.