

Family Foundations: Learning About Myself and My Children

This course has been developed and approved in conjunction with Child Protective Services (CPS).

FamilyTime offers this course throughout the year at the FamilyTime Counseling Center which is located at 101 Main Street, Humble, Texas 77338.

This course is also offered at Connecting Families which is located at 812 W. Dallas in Conroe. Please contact them at (936) 441-4733 for more information about their course offerings and class schedules.

This course is designed to give parents a better understanding of the following:

- How to care for themselves
- How to set and achieve goals
- Managing anger and stress
- Uniqueness of their child(ren)
- Temperament
- Developmental states and ages of children
- Effective communication
- Dealing with emotions
- Guidance, teaching & discipline
- Skills for better listening

This is a 6-week parenting program that will meet on consecutive Tuesday evenings from 6pm - 8pm.

All participants will be given a certificate of completion upon successful completion of the 6-week program.

The fee for the program is \$25 per person, which includes the entire 6-week program and program materials.

Please contact FamilyTime at (281) 446-2615 for more information about this parenting program.

FamilyTime Crisis and Counseling Center is a 501(c)(3) non-profit social service agency. Our mission is to provide an outreach program and accessible services to families and individuals in crisis through counseling, crisis intervention, information and referral, and emergency shelter.

**Services offered by
FamilyTime:**

- Free individual counseling for victims of crime, including domestic violence and sexual assault.
- Free support groups for adult, female victims of domestic violence and sexual assault.
- Counseling for non-victimization issues based on a sliding fee scale.
- 24-hour crisis helpline.
- “The Door”, an emergency shelter for women and children fleeing from abusive situations.

**FamilyTime’s
24-hour Crisis Helpline
(281) 446-2615**

**2011 COURSE
SCHEDULE:**

Each 6-week session is held on consecutive Tuesday evenings from 6:00pm to 8:00pm at the FamilyTime Office.

January 18 – February 22

March 1 – April 5

April 12 – May 17

May 24 – June 28

July 12 – August 16

August 23 – September 27

October 4 – November 8

If participants cannot begin on the first day of class then they must wait until a new class begins. If a session is missed, it must be made up the next time that particular session is offered.

Dates and times are subject to change. Please call FamilyTime at (281) 446-2615 to verify class dates and times or to enroll in the program.

**Family
Foundations:
Learning About
Myself and
My Children**

*CPS Approved
Parenting Program*

Presented by:

**FamilyTime
Crisis and
Counseling Center**

101 Main Street
Humble, Texas 77338
(281) 446-2615
www.familytimeccc.org

