

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.

Low-cost counseling for non-victimization related issues.

24-hour crisis helpline.

“The Door,” an emergency shelter for women and children who are fleeing abusive situations.

**The Power of  
Positive Parenting  
Course Schedule:**

This course is an 8-week (16-hour) program that is held every Wednesday from 6pm – 8pm. This class offers continuous enrollment. Participants may begin the course on any Wednesday.

The fee for this program is \$50 per person or \$80 per couple. The fee includes all 8 weeks of the program as well as any course materials.

A certificate of completion will be awarded to participants who successfully complete the entire 8-week (16-hour) program.

**THE POWER OF  
POSITIVE  
PARENTING**

*Parenting Program*

***Presented by:***

**FamilyTime Crisis and  
Counseling Center**

101 Main Street  
Humble, Texas 77338  
(281) 446-2615  
[www.familytimeccc.org](http://www.familytimeccc.org)

**FamilyTime’s  
24-hour crisis helpline  
(281) 446-2615**

With society rapidly changing, Effective parenting is crucial. Children and adolescents today are faced with increasing social pressures and as parents you have the obligation to prepare your child(ren) for the future.

Future success relies heavily on the family foundation, which leads to the importance of effective parenting skills. Learning children's goals of misbehavior is the first step toward a rewarding change in family dynamics, positive parenting, and overall well-being.

FamilyTime is offering The Power of Positive Parenting to help parents reach the goal of rearing responsible, successful, and resilient children. This course is facilitated by Masters level Licensed Counselors.

After successfully completing The Power of Positive Parenting Program, you will:

- Learn strategies to establish more effective and meaningful relationships with your children.
- Develop skills for listening, resolving conflicts, and exploring alternatives with your children.
- Learn approaches to discipline using logical and natural consequences.
- Develop parenting techniques that will foster more independent children.
- Learn a practical theory of human behavior.
- Improve communication.
- Increase personal understanding regarding the emotional development of children.
- Learn the parental role in helping children cope with anger.
- Identify personal parenting styles.
- Learn the history of parenting.

- Understand the language of acceptance.
- Learn role play methods
- Use parenting videos
- Use active listening and the use of "I" messages.
- Discuss ineffective ways of confronting children.
- Define goals of misbehavior.
- Learn the no-lose method for conflicts.
- Learn the definition of discipline.
- Gain an understanding of discipline versus punishment.
- Explore typical child reactions to feeling controlled.
- Discuss how to talk so children will listen to their parents.
- Discuss the importance of establishing boundaries.

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