






Parent Education Programs in the Greater Houston Area

Organization	Programs Offered	Languages Offered	For more information
 <p>Children's Museum of Houston</p>	<p>Family Literacy Involvement Program (FLIP): A city-wide system for increasing family learning through the circulation of literacy kits that are checked out for free through Houston Public Libraries. Each kit includes a library book, suggestions for extending the book, and all the materials needed to complete a hands-on activity related to the story. For more information see our website at http://www.cmhouston.org/flip/.</p> <p>Para Los Niños: A library-based, parent support program dedicated to promoting family literacy and successful educational outcomes among Spanish-speaking families birth through age seven. Workshops are free and include a story-reading modeling session and a series of learning activities that support literacy development related to a specific workshop theme. For more information see our website at http://www.cmhouston.org/losninios/.</p> <p>Parent Stars: A family engagement program facilitated in schools that provides resources and support to parents. This program is purchased by schools and the workshop is then free to participants. Parent Stars helps parents develop skills for engaging their children in math, science, literacy and more. Parents walk away with activity ideas they can easily repeat in the home to engage their children in fun, hands-on learning. For more information see our website at http://www.cmhouston.org/parent-stars/</p>	<p>All kits available in English and Spanish. Limited kits available in Chinese and Vietnamese.</p> <p>English and Spanish</p> <p>English and Spanish</p>	<p>www.cmhouston.org 713-522-1138</p> <p>1500 Binz, Houston, TX. 77004</p> <p>Vanessa Chenault, 713-535-7234 vhernandez@cmhouston.org</p>
 <p>Collaborative for CHILDREN</p>	<p>Parent Power: Practical Tools 4 Me: Provides interactive classes on practical and useful topics to fuel parent knowledge and child success. Topics include effective communication, positive discipline, building trust, problem solving and family development. Public Sessions in several locations. www.collabforchildren.org/parent-education</p> <p>Parents as Teachers: Home-based parent support and skills services for parents expecting or raising children under age three. This program is zip code specific.</p>	<p>English and Spanish</p>	<p>www.collabforchildren.org 713-600-1100</p> <p>Main Office 1111 North Loop West, Ste 600 Houston, TX 77008</p> <p>Deborah Bradford, 713-600-1113 dbradford@collabforchildren.org</p>

	<p>Parent InfoLine & Child Care Resource and Referral, 713-600-1234 or 2-1-1: Phone-based and online services to help parents make well-informed choices in parenting, child care, and early learning programs.</p>		<p>Grant-funded (free) and Fee-based sessions, depending on location</p>
	<p>Nurturing Parents: Provides resources and information to support parents dealing with common parenting challenges. Positive discipline, communication, and problem solving techniques are presented in a way to help parents implement new tips and strategies at home. Offers eight weekly 2 hour workshops.</p> <p>Divorce Classes: The class is designed to help parents nurture their children through the difficult process of divorce. The class is one 4-hour interactive session.</p> <p>Co-parenting for Kids Sake: This class that provides more in depth support and information on supporting your children through the process of divorce. The class is one full-day session (8 hours).</p>	<p>English</p>	<p>www.depelchin.org 713-730-2335</p> <p>4950 Memorial, Houston 1300 Bay Area Blvd, Clear Lake 5309 Decker Dr, Baytown 10435 Greenbough, Stafford</p> <p>Candy Espinoza, 713-802-6333 cespinoza@depelchin.org</p>
	<p>Building Confident Families 14 hour program geared towards providing families with parenting skills 101 for raising children between the ages of 0-18 years old. Sessions include dealing with family stress, age-appropriate expectations and discipline, appropriate communication skills, resolving family conflicts, and safety planning.</p> <p>Building Confident Teens 14 hour program that provides parents, teens and tweens with knowledge and skills to prevent juvenile delinquency, unhealthy relationships, drug/alcohol issues, peer pressure, gang involvement, youth violence/injury, electronic aggression and unhealthy choices. Protective factors, safety planning and adolescent brain development discussed.</p> <p>The First Five! 20 hour program geared towards expecting, new, or teen parents who are raising children between the ages of 0-5 years old. Sessions include role and responsibilities of parenthood, bonding and attachment, brain development, child abuse laws and protection, potty training, dealing with tantrums and</p>	<p>English, Spanish, and Chinese</p>	<p>www.LearnToParent.org 713-942-9500</p> <p><u>Main Office:</u> 1721 Pech Rd, Suite 300 Houston, TX 77055</p> <p><u>Locations:</u> Programs facilitated in Harris, Fort Bend, Chambers, Liberty, and Galveston county at schools, community centers, and faith-based locations. Please call office for information on upcoming program locations and times.</p> <p><u>Cost/Fees:</u> Registration fees vary on program and location. Please call or visit</p>

	<p>discipline, sleep routines, and family safety.</p> <p>Families and Divorce 4-hour workshop that discusses the impact of divorce on children and beginning a co-parenting relationship with divorcing partner.</p> <p>Building New Beginnings 12-hour program which promotes co-parenting, communication, and conflict resolution, smoother transition skills for families experiencing divorce, separation, or custody disputes. Protective and risk factors associated with children of divorce and step parenting are shared to enhance safety of family.</p> <p>Circle of Love 14-hour program for foster, adoptive, grandparents, or relative care givers raising children. Discussion of dealing with adult child who may be experiencing substance abuse issues and appropriate responses to the children affected.</p> <p>Dads Count 14-hour fatherhood initiative program to provide skills to fathers to empower the father/child relationship, co-parenting communication skills to reduce conflict with other parent, and enhance parenting skills.</p> <p>Exceptional Parenting 14 hour program that focuses on providing information and support to parents or caretakers that are raising children with special needs. Sessions include dealing with the challenges of raising special needs children, celebrating and advocating for your child's needs being met, and building support and information networks for self-care.</p> <p>Empowered for Motherhood 14-hour program that supports women's development and growth, such as making the decision to become a mother. Program is for mothers only.</p> <p>How to Talk to Your Children About Sexuality 14 hour program that focuses on providing parents and children with information on protective and risks factors for child sexual abuse, preventing</p>		<p>website for more information. Limited scholarships available.</p>
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	<p>early childhood sexual experiences/teen pregnancy, dating violence and empowers parents to be the first educators and open communicators age-appropriately regarding hard to discuss topics.</p> <p>Cablispainian 14-hour program that assists bi-racial, multi-cultural and immigrant families with overcoming challenges of raising children between two or more cultures. Children 0-18 years.</p> <p>Parent & Child Support Groups Parents attend monthly support groups to discuss different parenting topics or issues and gain mutual support from one another. Children attend separate age-appropriate groups simultaneously and discuss family topics and/or utilize guided curricula for social and healthy relationship development.</p>		
 <p>The logo for Family Services of Greater Houston features three stylized human figures in blue and purple, holding hands and a large red heart. To the right of the figures, the text 'Family Services' is written in a large, red, sans-serif font, with 'of Greater Houston' in a smaller, blue, sans-serif font below it.</p>	<p>Practical Parent Education: Offers parents the opportunity to learn new insights and techniques to build healthy relationships and healthy families. Topics include communication, self esteem, discipline, anger, child development and more. Offered in eight 1.5 hour sessions. Participants can begin at any point.</p> <p>Divorce classes: <u>Children in Between</u> helps parents learn how to minimize the damaging effects of the divorce on the children and the family during the difficult and stressful process of divorce. The class is two 2 hour sessions over two consecutive weeks. Accommodations may be made available for individual classes</p>	<p>English and Spanish</p>	<p>www.familyservices.org 713 861 4849</p> <p>4625 Lillian St. Houston</p>



The Nurturing Parenting Program: Provides family-based services for the prevention and treatment for families involved with child welfare agencies and families at risk for child abuse and neglect. The parenting program is designed to help empower parents and increase their skills in the area of nurturing, bonding, attachment, child development, nutrition, empathy, positive discipline, communication, anger management and conflict resolution skills. Offers a six week, 12 hour parenting skills training class. This class meets one day a week for 2 hours. Low cost service fees apply.

The Community-Based Nurturing Parenting Program: Provides parenting education, resource referral and a support network to parents that want to learn more about child abuse prevention and how to add effective parenting tools in the parenting tool box. Parents learn about child development, positive and negative discipline, family law codes, child abuse and neglect, parent-child communication, substance free parenting, conflict resolution, personal power and autonomy. This class is offered in a one day eight hour workshop. Low cost service fee apply.

Parenting Skills Training Class: Children with Special Needs & Health Challenges: This class is designed to meet the needs of parents who experience challenges in caring for children with physical and mental health disorders. Parents will become empowered by learning positive interaction skills and the necessary elements for child development, appropriate expectations of children with special needs, and how to take care of themselves and their special needs children. This class also provides parents with support and information about available respite services within their community. This class is offered in an 8 hour, one on one individual session with a skilled, certified Nurturing Parenting Program Consultant and certified Texas Department of State Health Services (TXDSHS) Community Healthcare Worker. Low cost service fee apply.

English

Spanish and English

English

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Family to Family (English and Spanish): A series of twelve weekly classes for family and friends of individuals with serious mental illness. The course helps caregivers gain a greater understanding of mental illness, cope better with a loved one's illness, and speak up for better treatment and services in the health care system. Trained NAMI family members, who know what it is like to have a loved one struggle with a mental illness, volunteer to teach the course material. The classes are open to adult family members, require pre-registration, and are free.

NAMI Basics: A new education program for parents and other caregivers of children and adolescents living with mental illness. The six-session course is taught by trained volunteers who are also parents or caregivers of children who developed the symptoms of mental illness in childhood. The course provides the fundamentals a caregiver needs to care for themselves, their family, and their child who is living with a mental illness. The classes are free; pre-registration is required.

Great Minds Think Alike: A free education program for youth, ages 12-17 with mental health needs. GMTA focuses on the recovery skills needed to allow teens to take a lead role in their own treatment. The program provides an overview of different mental illnesses, coping skills to deal with their everyday activities and relationships, and a place to develop their own recovery plan. Pre-registration is required.

Peer-to-Peer: A unique learning experience for adults with a serious mental illness who are interested in establishing and maintaining their wellness and recovery. The classes are taught by two trained mentors who are experienced at living well with a mental illness. The course uses a combination of lecture, interactive exercises and structured group processes. The classes meet for two hours once a week for ten weeks and are free. Pre-registration is required.

In Our Own Voice: A 45-60 minute presentation given by two trained speakers who share their personal stories about living with a mental illness and their road of recovery. Each person relates his experience through five topics: Dark Days, Acceptance, Treatment, Coping Skills, and Success, Hopes & Dreams. This program puts a very real, human face on mental illness. It builds self-confidence for the presenters and provides a sense of mission

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that helps to further empower their reality of recovery. For the audience, IOOV brings them to a new level of connection with someone who lives with a mental illness and is on a recovery journey. Those who have heard an IOOV presentation have reported leaving with a new sense of respect, understanding, acceptance and hope for those living with a mental illness. All presentations are free to the group or organization host. Call the NGH office to schedule a presentation for your group or organization.

Family Support Group (English and Spanish): Provides an opportunity for family members to share the challenges and successes of coping with and supporting a loved one living with a mental illness. Family members share their experience, perspective and wisdom with others in the group. The meetings are led by trained NAMI facilitators who know what it is like to live with someone who has a mental illness. The meetings are free and no registration is required. Confirm the meeting time and location by checking online or by calling the NGH office.

NAMI Connection: A recovery support group led by and for those living with a mental illness seeking wellness and recovery. NAMI Connection offers a structured group process. Those who attend learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding. The group meets once a week for 90 minutes, and there is no fee to attend. No registration is required. It is suggested to confirm the meeting time and location by checking online at www.namigreaterhouston.org or by calling the NGH office.

NAMI Provider Education Program: A five-week course that presents an insightful and subjective view of family and consumer experiences with serious mental illness. A five-member team teaches line staff members from public mental health agencies, hospitals and organizations. The trained teaching team includes two family members, two individuals living well with mental illness and a mental health provider who is either a family member or someone with a mental illness. The program gives staff members a deeper understanding of the hardships, courage, and persistence required to live with and recover with mental illness. Continuing education credits may be available to eligible participants.

	<p>Parents As Teachers As Allies: A two hour in-service program that helps school professionals identify the early warning signs of early-onset mental illnesses in children and adolescents in schools. It focuses on the specific, age-related symptoms of mental illnesses in youth, how best to intervene, and the shared and lived experiences of consumers and families.</p> <p>Sharing Hope, Understanding Mental Illness: An education initiative for faith-based congregations. It is an interactive, one-hour presentation facilitated by a faith leader and two other individuals having a lived experience of mental illness. It takes education and an open dialogue about mental health to know that just like our heart or lungs, our brain can also get sick. Sharing Hope highlights the important role spirituality plays in recovery and the support faith communities can provide for individuals and families touched by mental illness. NAMI Greater Houston is working with caring congregations to provide helpful mental health information. Call the NGH office to schedule a presentation for your church or faith organization.</p> <p>Training to Become a Teacher, Mentor or Facilitator of a NAMI Program: NGH offers trainings to adults wanting to volunteer to promote the education and support programs by teaching a class, facilitating a support meeting or giving presentations. Interested volunteers must have completed the class, regularly attended the support group, or heard a presentation to apply for the training they wish to complete.</p>		
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