

### Strengthening Families

Since 1992, we have been Helping Kids and Strengthening Families through a variety of programs and services from a Christian worldview. Our staff is prepared and eager to do the same for you.

Texas Families Together & Safe is offering parenting classes based upon the evidence-based model known as STEP (Systematic Training for Effective Parenting) developed by Don Dinkmeyer, Sr., Gary D. McKay, & Don Dinkmeyer, Jr.

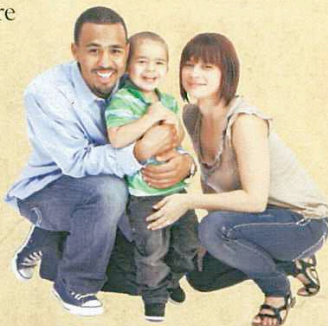
This program is funded by the Texas Department of Family and Protective Services and is designed to give families practical tools to live a whole and meaningful life.

### Goals For Your Family

We want to help your family understand each other, effectively communicate, and problem solve the everyday challenges you face.

### Arrow's Commitment To You

We will treat every member of your family with respect and understanding at all times. That includes respecting your confidentiality. Arrow will not share with anyone, anything you share with us without your written permission, unless we are required by law.



For information and assistance please call the phone number below associated with your county.

**800/552.5750**

Bastrop, Caldwell, Hays, Lee, Milam, Travis, Williamson Counties

**877/922.7769**

Angelina, Brazoria, Fort Bend, Liberty, Montgomery, Walker Counties

**866/923.1153**

Bell, Bosque, Burnet, Coryell, Falls, Hamilton, Hill, Lampasas, Limestone, McLennan Counties



# Strengthening Families Today ...and Building Stronger Families for Tomorrow



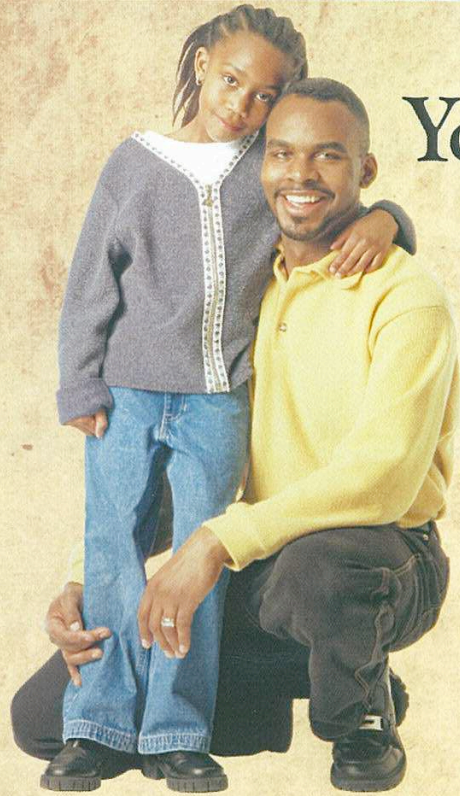
**Arrow**  
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National Headquarters  
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**Arrow**  
CHILD & FAMILY  
MINISTRIES

Helping Kids & Strengthening Families Since 1992



# You can face the challenges of life with the confidence of a helping hand.

## What We Do

Texas Families Together & Safe provides parenting classes to offer additional support in the everyday challenges of parenting.

We can help and serve your family at no cost to you.

## Why We Do It

We know that raising children and teenagers is not easy. It can bring enormous joy, and sometimes incredible challenges.

Texas Families Together & Safe believes that every family deserves the opportunity to achieve their goals on the pathway to success.

## How We Do It

Texas Families Together & Safe...

- Teaches a practical approach to raising children
- Meets once a week (90 minute session) for 7-weeks
- Works with you and your family to identify the best class suited for your current needs
- Provides child care assistance if needed

## How We Can Help

Our team is fully trained in the STEP model curriculum. We are able to offer you and your family three types of parenting classes (listed below) depending on which class better suits your family's needs.

## The Parent's Handbook focuses on...

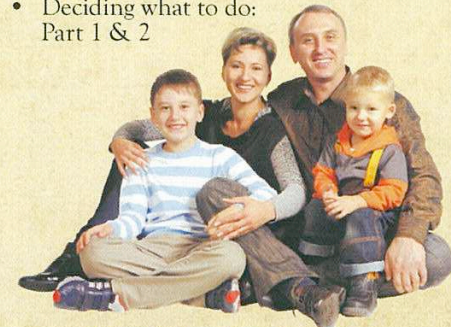
- Understanding yourself and your child
- Understanding beliefs and feelings
- Encouraging yourself and your child
- Listening and talking to your child
- Helping children cooperate
- Discipline that makes sense
- Choosing your approach

## Parenting Young Children focuses on...

- Understanding young children under six years old
- Understanding young children's behavior
- Building self-esteem in the early years
- Listening and talking to young children
- Helping young children learn to cooperate
- Discipline for young children
- Young children's social and emotional development

## Parenting Teenagers focuses on...

- Understanding yourself and your teen
- Changing your response to your teen
- Communicating respect and encouragement
- Encouraging cooperation and solving problems
- Using consequences to build responsibility
- Deciding what to do:  
Part 1 & 2



*All services are confidential.*