



## **The Systematic Training for Effective Parenting (STEP) Saturday Parenting Groups**

We offer parenting classes every Saturday 12 PM – 2 PM at our office (4500 Montrose Boulevard, Suite E 77006 - Bus Stop 34 / Montrose & Woodrow). The cost of the parenting classes is **\$25.00** per session. There is a total of **8** sessions in which we cover the following topics:

**Session 1** - Introduction to Systematic Training for Effective Parenting Class

**Session 2** - Understanding Yourself and Your Child

**Session 3** - Understanding Beliefs and Feelings

**Session 4** - Encouraging Your Child and Yourself

**Session 5** - Listening and Talking to Your Child

**Session 6** - Helping Children Cooperate

**Session 7** - Discipline That Make Sense

**Session 8** - Choosing Your Approach

If you would like to attend a parenting class please email us at [monarchfamilyservices@gmail.com](mailto:monarchfamilyservices@gmail.com) or call (281) 236-3989 to reserve your seat. For more information about Monarch Family Services please visit our website at [www.monarchfamilyservices.com](http://www.monarchfamilyservices.com).

At the completion of all 8 group sessions you will receive a certificate. We will also email the certificate and group notes to you assigned DFPS caseworker. Thank you!

Dr. Valerie D. Jackson  
Executive Director/Clinical Psychologist