



## **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). We have a bilingual (Spanish/English) facilitator. 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 your assigned DFPS caseworker. Thank you!

**Dr. Valerie D. Jackson**  
Chief Strategist Officer/Clinical Psychologist