

MISSION STATEMENT

To strengthen the family unit through Parent Empowerment. We believe a strong family unit will produce strong children who in turn will have a positive effect on the stability and growth of the community.

GOALS

The objective of each workshop is to stress the *“goal of parenting which is to protect and prepare your child to survive and thrive in today’s society.”*

UNIQUE BENEFITS TO YOU

- On-Site Training
- Four Week Sessions
- Lunch and Learn Workshops
- Motivational Speakers
- Parent Resource Referral

CUSTOMIZED PARENT TRAINING

- Parents Who Work With Other People’s Children
- Fathers Matter
- Non-Biological Parents

THE CONSULTANT

DR. BERNADETTE LOCKETT THOMAS received her doctorate degree from Southern University School of Law. She brings a rich body of knowledge to the program with a background as a licensed attorney concentrating in Family Law and is a Certified Family Mediator.

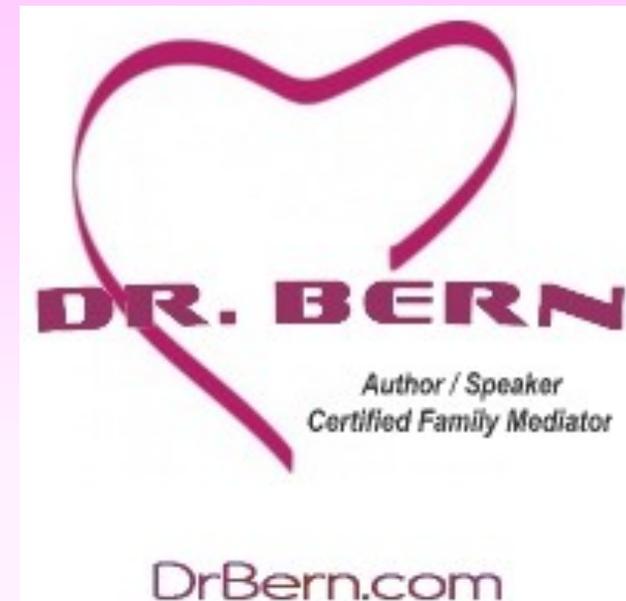
Her trained skills as a leader in Parenting Education has afforded her the opportunity to share with, and learn from, parents from all walks of life as to how these workshops have improved their home lives and has helped them make valuable contributions to the community.

Please Contact:

Dr. Bern

Bernadette L. Thomas
Certified Family Mediator
Parenting Skills Consultant

Phone: 281-591-0017
Fax: 281-591-1578
E-mail: Parentemp@yahoo.com
Website: www.drbern.com



**DR. BERN philosophy,
“A KNOWLEDGEABLE PARENT
IS A POWERFUL PARENT”**

CERTIFIED FAMILY MEDIATOR

I'M A PARENT

NOW WHAT???

PARTICIPANTS WILL LEARN HOW TO:

- **BUILD STRONG PARENT/CHILD COMMUNICATION**
- **ESTABLISH POSITIVE DISCIPLINE**
- **ENHANCE SELF ESTEEM**
- **INSTILL FOUNDATIONAL VALUE**
- **BREAK NEGATIVE CYCLES**

NEW Parents

Parenting Children Ages 1 to 4

- **Parenting: A new and special job**
- **The ages and stages of development**
- **Early childhood staff training**

TEENAGE PARENTS



THE SKILLS TAUGHT IN THIS PROGRAM:

- Stress Management
- Goal Setting
- Job Readiness
- Preparation for Daily Parenting
- Various Phases Of Child Development
- Foundational Family Values

WILL ONE OF US SURVIVE?

Parents of Teenagers

THIS WORKSHOP ADDRESS THE FOLLOWING:

- Complication that can arise in a family when teenagers are going through the transformation of adolescents into young adulthood.
- Examine how the changes affect the well being of the family as a unit.
- Parents will be encouraged to take another look at the behavioral patterns within themselves and the child as it relates to their purpose of parenting.



AGAPE LOVE

Parents will be able to:

- Understand the biblical responsibilities of parents and child
- Appreciate how different personalities complement each other
- See both triumph and failure as opportunities for character growth
- Model the successful patterns of parenting found in God's Word.

Education: A Family Affair

Parent Involvement in School

A Valuable Tool

Course Discussion:

- **Parents as a child's first teacher**
- **Restore the priority families give to education**
- **Establish a productive relationship with your child's teacher**
- **Help educate your child to achieve high academic success and compete in a global market**
- **Ways to be involved with child's school even when you are sooo busy**

Whatever their struggles, parents from all walks of life want their children to succeed. Schools play a key role

Mentor For Parents

“You Are Not Alone,
You have a Purpose”

- Opportunity to extend Jesus Christ's Love to parents as they are - - - where they are
- Offer parents friendship; help them meet the practical demand of raising a child
- Parenting Advice
- Offer single parents relief from the isolation and struggle of their daily lives and hope for the future

Jeremiah 29: 11-14