

## **Frequently Asked Questions**

### **1. How will Parent Resources Services benefit me and my family?**

We guarantee you will walk away with new skills that will benefit you and your family. Parent Resources offers researched-based practical family life skills education. Family Life Skills Classes will enhance parents' knowledge of child development, effective discipline techniques and communication skills and help them build confidence in themselves as parents. Personal Family Consultations can help families address and resolve problems specific to that family.

Clients who complete services report positive changes in their relationships and in their parenting: 97% reported an increase in confidence level in parenting, 89% reported an improvement in their relationship with their children, 80% reported an improvement in their relationship with their significant other and 100% reported an increase in parenting skills.

### **2. Why should I use your services? What makes your parent education classes different from others?**

Family Services' Family Life Skills for parents are reasonably priced and are provided by professional family life skills educators. These educators understand family and child development, and they tailor classes to the specific needs of their clients. The curriculum has been proven effective through research. It addresses family communication, child development, effect discipline techniques, stress management and creating long-term change.

### **3. Do you offer services in Spanish?**

Yes. Family Life Skills Classes and Personal Family Consultations are offered in English and Spanish.

### **4. How long are Family Life Skills Classes?**

Family Life Skills Classes are one hour in length and offered in an 8 week course. You may return for more classes after you complete the course and / or request additional one-on-one consultations to address your specific parenting/family concerns (see 8 below). You will receive a certificate of completion at the end of your eighth class indicating the successful completion of a parent education program.

### **5. How much do Parent Resource Services cost?**

Prices for the Family Life Skills Classes at the central office are \$10.00 per class per person. Personal Family Consultation sessions when requested will range in price and will vary in availability. Personal Family Consultations are based on a sliding fee scale that can be provided to you by our Appointment Services staff at 713-861-4849.

**6. Who teaches the Parent Education Classes?**

All classes are taught by experienced family life educators who have received numerous trainings on family life development, child development, and various family life skills and parent education curricula.

**7. How can I get started? When are classes held?**

Family Life Skills Classes for parents are held every Monday from 6 pm to 7 pm in English and from 7 pm to 8 pm in Spanish. You can begin on any Monday and may register at that first class. Please arrive 15 minutes prior to your first class to allow yourself enough time to register. You do not need to pre-register. For Personal Family Consultations, please contact our **Appointment Services** staff at **713-861-4849** to schedule your session.

**8. Do you offer one-on-one services?**

We offer affordable, individualized Personal Family Consultations to help you resolve problems specific to your family. The Personal Family Consultations are conducted face-to-face by appointment with a Licensed Master's Level Social Worker with extensive experience in family life skills and child development.

**9. If I attend your classes, will people think I am a bad parent?**

On the contrary! Parents attend classes to improve their skills because they want to do the best job they can with the most important job they will ever have! Parents will build upon their strengths and develop new skills to improve their own well-being and the well-being of their children and family.

**10. Can you provide services at another location?**

Our Family Life Skills Classes may be provided at other locations through a partnership with that organization. Please email request for information to Veronica Meza-Hernandez, LMSW <mailto:vhernandez@familyservices.org> if your agency would like more information on collaborating with Family Services' Parent Resources.