



THE DALLAS
ASSOCIATION
FOR PARENT
EDUCATION

Hello!

Do you need a Parenting Resource for your patients? We are it!!

The Dallas Association for Parent Education has been a non-profit organization helping Dallas-area families for 50 years, since 1959. We want to make you aware of our services that would be beneficial to your children's parents and grandparents.

- **Warmline** – A FREE and anonymous telephone line for parents & grandparents to call with parenting & child development questions, parenting resources, and referrals. They will reach a live person who is trained in child development and has access to many resources & referrals in the DFW area. The telephone number is 972-699-7742 and its open Mon – Fri, 9am to 3pm.
- **Post-Partum Depression Support Group** – This support group is for moms and families suffering from post-partum depression. It meets the second Saturday of each month at our office in Richardson.
- **CPR/First Aid Classes** – We offer infant, child, and adult CPR and first aid classes two Saturdays of each month at our office in Richardson.
- **Positive Parenting Classes** – We offer a 6-week course on parenting children ages 1 – 12 years. The topics include communicating and listening to your child, setting limits, using consequences, dealing with challenging behaviors, discipline & alternatives to spanking, and dealing with anger.

~~Enclosed are flyers for all the services mentioned above. If you have any questions, you can contact our office Monday through Friday, 9am to 3pm at 972-699-0420. You can also check out our website at www.dallasparents.org or you can e-mail us at dallasparents@hotmail.com.~~

Sincerely,

Amy Michniak

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A non-profit organization
Serving the needs of parents
since 1959