



## ANTHEM STRONG FAMILIES

Hours of Operation – Monday-Thursday (9a-5p) ----- Friday (9a-2p)

Registration for classes/workshops is **“Now Online”** via our website at [www.anthemstrongfamilies.org](http://www.anthemstrongfamilies.org). **Either a CPS staff personnel OR the parent (not both) will select class(es) and register (please only one registration per participant).** Click on the tab **“Classes”**, and follow the prompts; and are not just limited to CPS participants, but can also be attended by family, friends and colleagues. **Visit our website for a list of all of the classes that we offer, dates and times. If a class is listed as “SOLD OUT”, you can call the office to add the participant(s) to the list or register for the next available date.** Please also note the participant(s) will receive a hard copy **“CERTIFICATE OF COMPLETION”** of all classes completed at the end of the day. **OUR OFFICE DO NOT KEEP COPIES.** For Spanish Speaking participant(s), send referrals/information to Homer Canales at [homerc@anthemstrongfamilies.org](mailto:homerc@anthemstrongfamilies.org) or Crystal Lopez at [crystal@anthemstrongfamilies.org](mailto:crystal@anthemstrongfamilies.org). ALL CLASSES (with the exception of 2) ARE HELD AT THE TYRO CHAMPION CENTER – 8500 N. STEMMONS FRWY, SUITE 1050 (1<sup>st</sup> floor) DALLAS, 75247 – (214) 556-3193.

### Listed Classes – **\*\*\*but are subject to change (check website for updates)\*\*\***

#### **8 HOURS**

- “Before YOU say I DO” **(class held at the Anthem’s Office)**

#### **6 HOURS**

- Champion Parenting I(Anger Management/Active Relationship)–**(offered in English and Spanish)**
- Champion Parenting II (Family Wellness) – **(offered in English and Spanish)**
- Parenting with Your Ex (Blended Families, “Yours, Mines and Ours”)
- Can We Talk?? (Communication Techniques for Couples) **(class held at the Anthem’s office)**

#### **3 HOURS**

- Coping with Loss **(emotional suffering one feels when something or someone the individual loves is taken away)**
- Understanding the Many Faces of Depression
- Legal Services - Visitation Enforcement/Child Support Modification Workshop: Filling the Gaps Left by the OAG, Citations, Miranda Rights, etc.
- Finding My Soul Mate (How to Avoid Dating a Jerk)
- Stress vs Anger Management
- Breaking the Cycle of Domestic Violence **(‘Survivors’ (coed) non-perpetrators/offenders)**
- Drug/Substance Abuse
- Mental Health Awareness
- Workforce Readiness (Resume Draft, Interview Prep, Identification Needs, Networking, etc.)

Our TYRO Champion Parents Program consists of a 12-week intensive workshop experience plus up to 9 months of support services and more (check out the website for additional information). Dates and Times are listed on the website and/or you can reach staff at (214) 556-3193.

**For CPS Staff Only.** Our 12 week TYRO/DV Program **“Becoming A Man Worth Following”** is being offered to **Perpetrators/Offenders.** Go to the website and click on the tab **“Classes”** to register the participant(s).

**CHILDREN ARE NOT PERMITTED IN ANY OF THESE CLASSES and PARTICIPANTS CAN BRING LUNCH OR LEAVE THE PREMISES TO PURCHASE LUNCH.**

Lastly, please disseminate this information to all CPS staff to ensure a smooth transition of working together; and Thank you for the Partnership. If you have any questions or concerns, contact our office at (214) 426-0900.

Velada Camper, Mini Clinic Manager  
(office schedule - Tues. Wed. Thurs – 9a-5p)  
Anthem Strong Families  
12800 Hillcrest Road, Suite A101, Dallas TX 75230  
(214) 426-0900 (office) (214) 264-7558 (cell)  
[veladac@anthemstrongfamilies.org](mailto:veladac@anthemstrongfamilies.org)

**\*\*updated 3/8/18**

Regina Ross, Assistant Front Office Manager  
(office schedule – Mon (9a-5p) & Fri (9a-2p)  
Anthem Strong Families  
12800 Hillcrest Road, Suite A101, Dallas TX 75230  
(214) 426-0900 (office)  
[reginar@anthemstrongfamilies.org](mailto:reginar@anthemstrongfamilies.org)