

Free and Low-Cost Parenting Classes Offered in the Alamo Region



The AVANCE Model of Services focuses on parents and their infants or young children under the age of three. We reach out to create strong families by offering parent education, social support, adult basic and higher education advocacy, Early Childhood Education (ECE), personal development and community empowerment. Services are inter-related, family centered and preventive in nature. Our model integrates all aspects of home, school and community life.

For more information call (210) 223-3667 or visit <http://avancesa.org/programs>

Throughout San Antonio and Bexar County, Brighton Center provides developmental and educational services to children with disabilities and/or developmental delays from birth to age 22, along with family and community education. With a holistic, family-centered approach, we offer child enrichment and development through a learning center, home-based therapy services, counseling, case management, family support services and more. We seek to empower every child we serve with the necessary knowledge and skills they need to prepare for a bright future.



For more information call (210) 826-4492 or visit <http://brightonsa.org/>



Parents' Academy is here to assist you. Our experienced Parent Coaches are ready to help you problem solve the challenges of raising children in today's busy world. Through innovative workshops, our program gives you the opportunity to connect with other parents in a supportive learning environment.

For more information call (210) 532-0894 or visit <http://www.parentsacademysa.org/>

Parents' Academy was founded as a program of Blessed Sacrament Academy. Blessed Sacrament Academy is home to many programs and services. To learn more, please visit the BSA website at <http://www.blessedsacramentacademysa.org/>

Our Parenting Education program provides confidential, non-judgmental support services that assists parents in correcting and improving their parenting skills through weekly parent education classes using hands-on curriculum with a concurrent children's program, educational groups, follow-up services, and networking activities. In some cases, Parenting Education can help prevent child abuse by strengthening families and assessing problems early on.



For more information call (210) 431-7581 or visit <http://family-service.org/programs/parenting-education-services/>

Boysville is proud to offer the Precious Minds, New Connections community-outreach, parent-enrichment program. These enrichment classes are for parents, extended family members and childcare providers caring for children ages prenatal through 3 years of age. Our classes are offered at local churches, daycares, community agencies, companies and parent groups throughout Bexar County in both English and Spanish.



For more information call (210) 945-2839 or visit <http://www.boysvilletexas.org/programs/precious-minds-parenting/>



Nurturing Parenting Program (NPP) is a collaborative effort between the Mexican American Unity Council, Inc., and Edgewood Independent School District, local churches and community organizations. Contributing to the community through education in the strengthening of functional family relationships. NPP offers free parenting classes for parents, grandparents or foster parents of children from birth to 3 years of age. Both English and Spanish parenting classes are offered mornings and evenings at various locations throughout the City.

For more information call (210) 978-0500 or visit <https://www.mauc.org/httpswww-mauc-orghttpswww-mauc-orgnurturingparentingprogram/>

Pregnant-2-Parenting Outreach Program offers professional counseling, provides infant/child assistance, parent mentoring, assistance with education, community connection and career planning, infant massage classes, and other related services.

For more information, or to schedule a session with one of our Outreach Counselors, contact Seton Home at (210) 533-3504 ext. 216 or visit



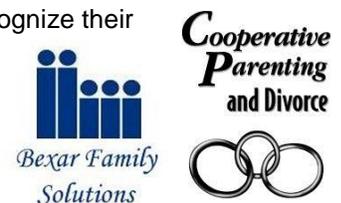
<https://www.setonhomesa.org/services-and-programs/pregnant-2parenting-outreach-program/>



iParent SA® works with all parents in Bexar County needing parenting support and resources. Parents can enroll in case management services, support groups and have access to crisis respite care for their children during challenging times. Parents will work with a highly trained Parent Educator who will help them identify strengths, develop goals and build self-sufficiency.

For more information call (210) 212-2597 or visit <https://www.childrenshelter.org/we-can-help/iparent-sa/>

Cooperative Parenting and Divorce is an educational program designed to teach parents to recognize their own harmful behaviors and provide the skills to change. The overall goal of Cooperative Parenting and Divorce is to give children the opportunity to grow in a home environment without being caught in the middle of parental conflict.



Call Bexar Family Solutions at (210) 320-2999 to schedule an intake appointment or visit <https://bexarfamilysolutions.com/cpg-class-information> for more information.



The Barshop Jewish Community Center of San Antonio offers Parenting Workshops at a very affordable rate, not only for JCC Members, but the Community at-large. Workshops focus on a wide variety of topics, all relating to managing the kids.

For more information, call (210) 302-6820 or visit <http://jccsanantonio.org>

BEXAR & RURAL



Texas Families: Together and Safe (TFTS) is a parenting education program that shows families how to resolve conflict and improve communication among family members, improve children's behavioral problems, deal with complicated issues like strong emotions, aggression, alcohol and violence, and validate the parent's strengths.

For more information call (210)233-5923 (Bexar) or (830) 896-0993 (Kerr) or visit <https://discoverbcfs.net/tfts>



The YMCA-PMNC is a FREE Family Program designed to build strong and healthy bonds between parents and their children. The program utilizes the Nurturing Parenting Program® curriculum, which provides parents with effective behavior management tools and encourages the development of healthy parent-child relationships.

For more information call (210) 534-9625 or visit <http://www.ymcasatx.org/pmnc>

Learning about your child's mental health difficulties and how to help is an ongoing process. Clarity Child Guidance Center offers information about local events, videos on mental health topics, educational articles, and classes to learn the special skills needed to parent a child with mental health problems.



For more information call (210) 616-0300 or visit <http://www.claritycgc.org/patient-families/learn-about-children's-mental-health/educational-resources-for-families>

RURAL



K* Star provides free services to youth and parents who are experiencing difficult living situations or problems with truancy and are a school dropout risk. Through counseling, compassion, and parenting skills training, we enable families to grow closer and learn to effectively solve problems in an appropriate fashion. Our counseling professionals have more than 75 years of combined experience, and work to improve domestic situations throughout the area.

For more information call (830) 896-5404 or visit <http://www.kstar.org/>

RURAL

Connections provides parents with a supportive group environment to gain information about child development, causes of child misbehavior, promoting positive development in children, managing misbehavior and how to implement positive parenting strategies into all aspects of family life.



For more information call (830) 629-6571 or visit <http://www.connectionsnonprofit.org/0-parenting-classesparent-support/>

Texas AgriLife offers assorted learning opportunities and activities that enable prospective parents, parents, and grandparents to improve their knowledge, parenting practices, and caregiving skills. Texas A&M AgriLife Extension Service Family and Consumer Sciences agents offer a variety of parent education learning opportunities from one-time programs to a face-to-face series covering a variety of parent education topics and issues.



For information about what is available in your area, contact your [local county Extension office](#) or visit <http://fcs.tamu.edu/families/parenting/>.

RURAL

The Parenting Program at McKenna helps good people become great parents. Our program matches local families with a trained home visitor to offer support, guidance and referrals. Our program, Parents As Teachers, has been tested & proven to help families prepare young children for success in school & beyond.



For more information, call (830) 606-9500 or visit <http://www.mckenna.org/Information/Initiatives.aspx>

RURAL



Options for Life offers parenting classes on Tuesdays at 5:15pm -6:00pm and 6:15 -7:00pm.

For more information, call (830) 629-7565 or visit <https://optionsforlifefn.org>

Education Service Center, Region 20 (ESC-20) is committed to being the definitive choice for educational services, products, information and solutions for parents, caregivers, and families. If you would like to receive email updates regarding parent trainings, community events, and other parenting resources, please send an email to subscribe@esc20.info with the term “parentnetwork” in the body of the message.



For further information on any of the parent trainings, call (210) 370-5431 or go to http://www.esc20.net/page/sup_pr.Home



It is difficult to ignore the many problems families face on a daily basis. RMYA (Roy Maas Youth Alternatives) provides individual and family counseling, short-term pediatric and adolescent psychiatric services, and low-cost parent education classes for youth and their families. Our agency offers a seven week the Becoming a Love and Logic Parent training course.

For more information, call (210) 340-7971 or visit <http://www.rmya.org/about-rmya/programs-services/>

Adolescent Pregnancy and Parenting Program is a parenting program for pregnant and/or parenting adolescents 19 years of age or younger. In an effort to provide support and guidance to adolescent parents during a transitional period of their lives, the Adolescent Pregnancy and Parenting Program offers site and home-based parenting sessions.



For more information, call (210) 222-1294 or go to <http://ccaosa.org/family-children-services>

SA Christian Hope Resource Center offers a dynamic parenting class to those who are trying to become better parents of future generations.



For more information, call (210) 732-3776 or go to <http://www.sachrc.org/programs>

BEXAR & RURAL

Any Baby Can group parent training course supports parents by increasing their knowledge on how behavior is learned and the underlying function or purpose of their child's challenging behaviors. Parents learn side by side the meaning behind their child's problem behaviors and how to address these behaviors in their daily life. Parents are supported by experienced and credentialed staff that assists them to meet their child's behavioral needs.



For more information, call (210) 227-0170 (Bexar), (830) 606-4141 (Comal), or (830) 315-4222 (Kerr) or visit <http://www.anybabycansa.org/services/autism-services/parent-training/>