

CO-PARENTING class

August 2019

Co-Parenting Class

3 hours

- Learn how to help your child (or children) during divorce and other traumatic family separations
- Gain a deeper understanding of parental conflict and the lifelong effects it may cause for your children
- Explore, identify, and nurture the needs of your child while they experience changing parental relationships
- Look deeper into how grief and anger is presented through stress, negative behavior, and poor habits
- Strengthen your parenting and co-parenting skills by learning & practicing specific techniques to identify triggers, reframe responses, and improve communication

Thursday, August 1, 2019
(5:30-8:30 pm)

Register by Monday, July 29, 2019
Registration Fee: \$100*

Location:
Dispute Resolution Center
DRC Training Room
2801 Lombard Avenue
Everett, WA 98201

This expert-compiled Co-Parenting class will assist parents and other adults in a co-parenting role, navigate the challenging aspects associated with divorce, separation, foster care, or other family disruptions. With the help of a skilled DRC trainer, students will explore changing family dynamics and relationships while centering their focus on the child's needs and best interests. After completing this in-depth training, students will be able to apply their new communication tools right away. They will also be able to co-parent more effectively, allowing them to raise their children in a healthier environment with as little stress as possible—for everyone.

*Free or reduced services may be available based on income

Register by email: LMarone@voaww.org
Group rates are available to parties of just 3 or more
Priority pricing expires July 1st

Lisa Marone | 425.212.3929 | LMarone@VOAWW.org

Volunteers of America Western Washington Dispute Resolution Center (DRC) does not discriminate on the basis of race, color, religious belief, sex, marital status, sexual orientation, gender identity or expression, national or ethnic origin, disability, genetic information, veteran status or age. Please also note that DRC staff, mediators, and trainers are neutral representatives of the agency and do not act as advocates for either party. Thank you.

