

sponsored by

TUSD Building Bridges



You're invited to attend

Cooperative Parenting and Divorce **For Parents of Children All Ages**

Family relationships do not disappear when a marriage ends in separation or divorce. For the wellbeing of children, parents should continue to communicate in all matters of child-rearing. In these 8 sessions, divorcing, divorced, or separated parents are assisted in reducing parental conflict and the risk factors that influence the child's post-separation adjustment. It is designed to improve the quality of the parental relationship in situations of joint custody, separate maintenance, change of custody and paternity.

You will learn:

- How to shift your roles from former spouses/partners to co-parents
- How to help your child adjust to the divorce
- Anger management, communication, and conflict resolutions skills
- The impact of parental conflict on child development
- To identify contributions to conflict while increasing impulse control

VIRTUAL **Parenting Class**

MONDAYS

February 27 to April 24
from 5:00-7:00 pm

*Link will be provided via
email after signing up*

SIGN UP HERE
OR

