



COOPERATIVE COPARENTING

through Separation or Divorce™



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Shielding Your Child from Conflict

A Video and Discussion Program for Coparents

Cooperative Coparenting has helped many families shield their children from the conflict that often accompanies separation or divorce. This program contains concepts, skills, and exercises that will help you create a healthy environment for your children while establishing a positive, long-term relationship with the other parent.

Learn powerful ways to communicate cooperatively, make co-parenting decisions in the best interest of your children, and avoid the destructive effects that separation or divorce can have on a family.

HERE'S WHAT YOU'LL BE LEARNING:

- **Loyalty conflicts and how to keep your child out of the middle**
- **Peaceful negotiation instead of escalating power struggles**
- **Business-like communication skills**
- **Managing anger (your own and other parent's)**
- **How to deal successfully with financial issues**
- **...and a lot more!**



Sign up today!



In-person Parenting Class series
Wednesdays
5:00 pm to 7:00 pm
March 6 to May 1

Family Welcome Enrollment Center, 2nd floor
2336 Plaza del Amo
Torrance, CA 90501

FREE



For curriculum information and sample videos, go to www.ActiveParenting.com/CPD
Questions? Contact buildingbridges@tUSD.org