

RESILIENT CO-PARENTING

A series of topic-specific classes for parents or caregivers raising children together while living apart. Join us for any or all of the following sessions!

January 4 – Families Fighting Fair

The way you manage conflicts with your co-parent greatly impacts your children. Learn skills for positive conflict management, compromise, reframing and active listening.

February 1 – Successful Stepfamilies

Blended families face unique challenges when it comes to parenting. Learn about these challenges and some things that you can do to ease this transition for your children.

March 7 – Help Children with Strong Emotions

Children experience a wide range of emotions through the transition of separation or divorce. Learn ways to support children through strong emotions, to reduce stress and build emotional intelligence.

April 4 – Co-Parenting Teens

Teenagers need continued parental support to become happy, healthy young adults. Learn ways to co-parent cooperatively to support your teenager in developing positive family relationships, a healthy lifestyle, and a positive connection in their community.

May 2 – Parenting from a Distance

Parenting from a distance can be challenging. Learn ways to stay connected with your children when living apart and to make the most of the time your time together.

June 6 – Healthy Coping during times of Transition

The stress of co-parenting can be overwhelming. Learn strategies from the WeCOPE curriculum, which has been shown to reduce stress, increase positive affect, and improve health behaviors.

7:00-8:00 pm over Zoom
1st Thursday of each month
in 2024!

Scan code or
use link to
register!



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RESILIENT CO-PARENTING

Free classes for parents or caregivers raising children together while living apart.

Join us for any or all of the following sessions!

August 1 – Successful Stepfamilies

Blended families face unique challenges when it comes to parenting. Learn about these challenges and some things that you can do to ease this transition for your children.

September 5 – Relationship Readiness

Are you entering into a new romantic relationship? Assess your relationship readiness and learn tips to help your children adjust to new relationships.

October 3 – Mindful Money Practices

Making joint financial decisions when co-parenting shouldn't be an exercise in frustration between you and your children's other parent. Using mindfulness in conjunction with sound financial practices can allow both parents to make purposeful choices that best match their family's needs.

November 7 – Finding Your Family's Rhythm

Divorce and separation can disrupt family routines and rituals. This can be a challenge, but it is also a time of great opportunity. As parents, we can be intentional about creating a new rhythm for our family.

December 5 – The Gift of Forgiveness

Forgiveness is a gift we give ourselves and others. Letting go of resentment and bitterness yields many benefits, including a better co-parenting relationship. Explore what forgiveness is - and isn't - as you learn the steps of the process.

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