

Who Will Find This Helpful...

- ▶ Individuals who have children and are separated or divorced
- ▶ Guardians of children who are from families that have experienced separation or divorce

Topics To Be Covered

- ▶ Communication Skills
- ▶ Co-Parenting vs Parallel Parenting
- ▶ Managing Stress
- ▶ Taking Care of You
- ▶ Games Kids Play
- ▶ Games Parents Play
- ▶ Developmental Stages
- ▶ Safety is Always Primary
- ▶ ...and more

- ▶ Separated or divorced partners will not be in the same class.
- ▶ Class size will be limited.
- ▶ The registration list will be confidential.

For more information, please call Arlene Hall at Mountain View Prevention Services 315-376-2321. Registration deadline is 24 hours before the first class in each session.

Parenting After Separation & Divorce

Helping Children Adjust

2010

Focusing on positive ways parents, not living together, can help and nurture their children during transition times.

Mountain View Prevention Services

Offers a parenting class for people that are separated or divorced. The intent of this course is to make adjustment time easier for children and families.



- ▶ Children react differently to separation and divorce, depending on their age, development stage, and personalities.
- ▶ Adults at this stage can be so concerned about all the changes in their own lives that their children's concerns often take a backseat.
- ▶ This class will give participants parenting skills and techniques.

Classes are held in
Lowville, New York

It is required that people pre-register by calling Mountain View Prevention Services at 315-376-2321. NO REGISTRATIONS will be Taken at the door.

2010 Classes

January 21st and 28th
March 18th and 25th
May 6th and 13th
July 15th and 22nd
September 9th and 16th
November 10th and 17th

Fee

\$50.00 per person
Cash or Money Order
Only, Please