

## Co-Parenting / Divorce Class

\$44.95

*Low-income discounts  
available*

Level 1 foundational co-parenting class focusing on families in transition. Parents learn skills to avoid common mistakes in an effort to work together with their co-parent for the sake of the children.

*Target: Divorcing, separating, never married parents or for parents seeking a modification.*

### Welcome

- :-- Welcome
- :-- Major Terms
- :-- Identify Your Co-Parent Relationship

### Intake Forms

- :-- Court Case Information
- :-- Demographic Information
- :-- Relationship Information
- :-- Pre-Class Assessment - Part I
- :-- Pre-Class Assessment - Part II

### Taking Care of You

- :-- Unit 1 - Taking Care of You
- :-- Before This Unit
- :-- What You Will Learn
- 14:00** Divorce and Separation

**10:00** Stages of Adjustment  
**02:00** Stay Safe  
--:-- What Did You Learn  
--:-- At The End of This Unit  
--:-- Additional Resources  
--:-- Sources

## **Taking Care of the Children**

--:-- Unit 2 - Taking Care of the Children  
--:-- Before This Unit  
--:-- What You Will Learn  
**11:00** Childrens Reactions  
**09:00** Talking with Children  
**06:00** Caution Areas!  
--:-- What Did You Learn  
--:-- At The End of This Unit  
--:-- Additional Resources  
--:-- Sources

## **Managing as a Single Parent**

--:-- Unit 3 - Managing as a Single Parent  
--:-- Before This Unit  
--:-- What You Will Learn  
**06:00** New Communication Styles  
**20:00** Managing Conflict  
--:-- What Did You Learn  
--:-- At The End of This Unit  
--:-- Optional Reading  
--:-- Additional Resources  
--:-- Sources

## **Co-Parenting**

--:-- Unit 4 - Co-Parenting  
--:-- Before This Unit  
--:-- What You Will Learn  
**11:00** Effective Co-parenting

- 11:00 Protect Children
- 13:00 When Co-Parenting Does not Work
- :-- What Did You Learn
- :-- At The End of This Unit
- :-- Additional Resources
- :-- Sources

## **Moving Ahead**

- :-- Unit 5
- :-- Before This Unit
- :-- What You Will Learn
- 02:00 Finding Your Focus
- 06:00 Making Decisions
- 19:00 Caring for the Children
- 12:00 Designing a Parenting Plan
- :-- What Did You Learn
- :-- At The End of This Unit
- :-- Optional Reading
- :-- Additional Resources
- :-- Sources

## **Final Exam**

- :-- Final Exam

## **Survey**

- :-- Post-Class Assessment - Part I
- :-- Post-Class Assessment - Part II
- :-- Feedback on This Class

## **Completion**

- :-- Completion