

Co-Parenting: Two Parents, Two Homes

This class is designed for parents who are negotiating custody, visitation, and child support. It assists parents in focusing on the responsibilities of parenting from separate households. A certificate is provided upon completion of all sessions. Also available in Spanish.

Topics Include

- The impact of conflict on children
- How to keep children out of the middle
- Communication do's and don'ts
- Recognizing the needs of children
- The art of negotiation
- Accepting different parenting styles and behaviors
- Co-parenting long distance

Cost

\$40 One Person

\$60 Couple

Class offered in two 2-hour evening sessions or one 4-hour day session.

This class meets the parent education guidelines developed by the Supreme Court of Virginia.

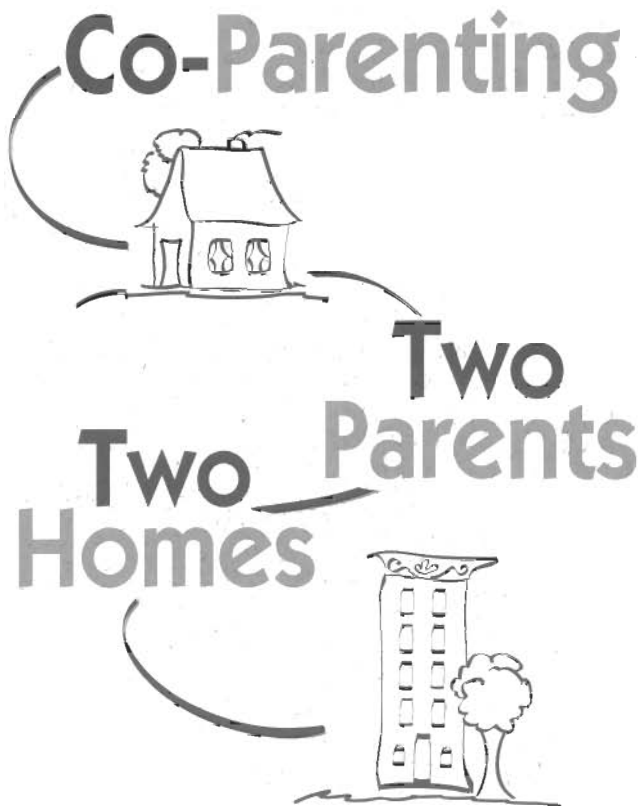


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Family Services and Involvement Section

PRESENTS

A PARENTING CLASS



According to Virginia Code Section 16.1-278.15 and 20-103, after July 1, 2001, all parents involved in contested child custody or visitation cases must attend a parenting class or seminar.

Family Services and Involvement Section has been conducting a court-approved class since 1995. The class, *Co-Parenting: Two Parents, Two Homes*, teaches parents how to be effective in parenting from separate residences, even across many miles.

Our focus is to provide

Information about recognizing and responding to the impact of parental separation and conflict on children of all ages.

Strategies for reducing conflict and improving communication.

Explanations of what children need from parents and what they don't need.

In-depth discussion of the most problematic aspects of co-parenting: discipline, different parenting styles, and parent/child communication.

Detailed information on ways parents can keep their children out of the middle of their conflict.

Examples and discussion of parenting skills to enable co-parents to create strong, healthy families.

Our focus is not

Judgment of a participant's parenting skills.

All parents can gain greater insight and skills from the information shared in our class.

Divorce education.

Many of the parents who attend our class have never been married.

Legal information.

Our handbook contains a section on legal information, and instructors discuss alternatives to litigation, but the emphasis is on co-parenting and the skills and information that are needed, especially during times of stress and transition.

Who teaches our class

All instructors are trained professionals in the fields of counseling, family mediation, or education. All have professional (and many have personal) experience in divorce and separation.

**For information, please contact
Susie Johnson, 703-277-2666.**

