

Cooperative Parenting and Divorce



Class Description:

KidsFirst is offering a **FREE** interactive, 8 week co-parenting class for parents who are divorced, separated or in a co-parenting relationship.

Our goal: increase communication with less conflict.

Both parents and/or single parents are welcome to attend.

- Anger Management
- Focusing on the children's needs
- Creating a more relaxed home atmosphere
- Decreasing negative effects on children
- Improving communication between parents
- Enhancing child's self-esteem
- Helping with children's behavior
- Conflict resolution skills
- Accepting responsibility
- Avoiding Actions that increase stress

Class Details:

Dates: Every Tuesday 10/12/21 – 11/30/21
(8 Week Course)

Time: 06:00 p.m. to 8:00 p.m.

Location: Via Zoom – invitation link to be sent the week prior to class



Space is limited-reserve your spot today!

Please contact Carolyn Indreboe
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