



Co-Parenting Class

KidsFirst is offering an interactive co-parenting class for parents who are divorced, separated or in a co-parenting relationship. Our goal: increase communication with less conflict.

Both parents or single parents are welcome to attend.

Divorcing or Divorced Parents Will Learn:

- **Anger Management**
 - **Focusing on the children's needs**
- **Creating a more relaxed home atmosphere**
 - **Decreasing negative effects on children**
- **Facilitating better communication between parents**
- **Enhancing the child's confidence and self-esteem**
- **Helping with children's "acting out" behavior**
 - **Conflict resolution skills**
 - **Accepting responsibility**
- **Actions that contribute to stressful interactions**

FREE CLASSES

Starting: May 5, 2015

When: Tuesdays, 5/05/2015-6/23/2015

Time: 5:30pm-7:30pm

Where: *KidsFirst*, Family Resource Center
11960 Heritage Oak Place Suite 3, Auburn

8 Week Program

Cooperative
Parenting
and Divorce



To sign up or receive more information please contact:

Monica 916-774-6802 Ext 2000 / E-mail: mmcdonald@kidsfirstnow.org

In Partnership With:

