



Cooperative Parenting™ and Divorce

program by Susan Boyan, M.Ed., LMFT; and Ann Marie Termini, Ed.S., MS, LPC

Learn to make a peaceful transition from parents to co-parents with this helpful course.

Through this program you will learn how to:

- shield your children from parental conflict
- manage your anger
- negotiate peacefully with your child's other parent
- establishing a positive, long-term relationship as "co-parents"

Video, discussion, and activities make for a fast-paced workshop

Cooperative Parenting and Divorce uses helpful video scenes to demonstrate common co-parenting challenges and solutions. Each workshop allows plenty of time for group discussion and activities.

Here's what you'll be learning:

Session 1: Child-Focused or Out of Focus:
Commitment to Caring

Session 2: Plan for Peace or Tug of War:
Allowing My Child to Love Both Parents

Session 3: Letting Go or Holding On: Changing
My Long-Term Role

Session 4: Make It Better or Keep It Bitter: Choosing My
Personal Path

Session 5: Neither Fight nor Flight:
Managing My Anger

Session 6: Defuse or Light the Fuse:
Taking Control of Conflict

Session 7: All a Winner or Winner
Take All: Negotiating Agreements

Session 8: Cooperation or Conflict:
Co-Parenting Is Forever

Winner of a Parent's Guide to Children's Media (Parenting Division) Award! - *Here's what the judges had to say:* "Divorce itself is tough on children, but constant, often bitter conflict that persists after the divorce makes it even tougher. Divorced or divorcing parents will find the workbook and video vignettes openly address likely areas of conflict and offer possible solutions that keep parents centered on what they can both agree on: the happiness and well-being of their child. Open communication and genuine respect, even amidst understandable differences, ground the conflict-resolving strategies."



Questions? Our Educational Consultants are ready with answers:
call 1-800-825-0060 or email cservice@activeparenting.com

- **Dates:** Tuesday, April 30, 2019, at 7:00 to 9:00 pm Or
Wednesday, May 1, 2019, at 10:00 to 12:00 Noon
- **Fee:** First Session Free then \$40.00, fee reduced or waived if needed.
- **Place:** St. Mary Parish Office, 103 Jackson Street, Fishkill, NY 12524
- **Facilitators:** Catherine Cwiakala, LMSW and Cathy Drennen
- **To Register contact Cathy Drennen at 845-546-0268 or
St. Mary's Parish at 845-896-6400**