

## **CO-PARENTING CLASS**

### **FAST FACTS**

**This is a ONE TIME – TWO HOUR – INTERACTIVE Class online with the ZOOM virtual platform.**

#### **Target Audience:**

- Parents with children of ALL AGES, infant to teen who are struggling with sharing parental roles with another adult. (spouse, parent, grandparent)
- Parents struggling with conflicting or different parenting strategies of another caregiver.
- Parents who are separated/divorced or co-parenting with stress.
- ALL PARTICIPANTS MUST attend the Positive Parenting Class prior to this class.

#### **Objective:**

- To examine the messages children receive from conflicting parenting styles and skills.
- To offer strategies in working with difficult or passive co-parents.
- To allow co-parents to come together in a therapeutic setting to discuss cooperation techniques.
- To learn strategies to manage a caregiver who will not attend or adjust their parenting style.

#### **Where:**

- This group is attended on ZOOM virtual meeting rooms.
- Participants will receive a link when they register that will take them directly to the meeting (or they use the included Meeting ID and enter it at [www.zoom.us/join](http://www.zoom.us/join))
- Participants are required to have a camera and microphone on their phone/tablet/device.

#### **When:**

- This class meets ONE WEDNESDAY OF EACH MONTH from 6pm – 8pm
- This class immediately follows the Positive Parenting so you can complete both in one night if you choose.
- Participants must register at ABChelps.com for this one time class.

#### **Cost:**

- Cost of the class is \$50.00
- Payment must be received before class link will open.

**For more information go to [ABChelps.com](http://ABChelps.com)**