

Parenting through Separation and Divorce.

- How can I help my children cope with the stress of separation and divorce?
 - Should I change the way I parent my children?
 - Is there such a thing as a “parenting plan” for this situation?
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Under the expert direction of facilitators at Family Services à la famille Ottawa, this five-week course offers an informative and interactive exploration of the challenges and opportunities when parenting through separation and divorce.

Topics include: coping with stress, understanding conflict and how it affects your family, problem solving, cooperative communication, effective discipline, co-parenting and parenting plans...

When: Mondays – February 6 to March 5, 2012
6:30 p.m. to 8:30 p.m.

Where: Family Services à la famille Ottawa, 312 Parkdale Avenue

Cost: \$125.00 per person. Subsidies are available.

For information and registration, please contact us at 613-725-3601 extension 207

Get the *parenting edge!*