

Parenting Through High Conflict Separation and Divorce

- Are you worried about how parent conflict is affecting your children?
- Would you like to minimize your children's exposure to conflict?
- Are you looking for concrete ways to deal with high stress situations between you and your co-parent?

In this six-week course you'll:

1. Learn the skills needed to improve communication.
2. Learn methods to manage upset emotions.
3. Learn how to use non-reactive behaviours with your co-parent and children.
4. Learn positive approaches to parenting that will support your children's emotional health.
5. Learn about the impact of ongoing conflict on children.

When: Thursdays: September 24, 2020 – October 29, 2020

Time: 6:30 pm - 8:30 pm

Where: Video Conferencing

Cost: \$350.00
Limited Subsidies Available

Please email wsmith@familyservicesottawa.org or call us at 613-725-3601 extension 108 to register or for more information.