

Cooperative Parenting and Divorce



Class Description:

KidsFirst is offering a **FREE** interactive, 8 week co-parenting class for parents who are divorced, separated or in a co-parenting relationship.

Our goal: increase communication with less conflict.

Both parents and/or single parents are welcome to attend.

- Anger Management
- Focusing on the children's needs
- Creating a more relaxed home atmosphere
- Decreasing negative effects on children
- Improving communication between parents
- Enhancing child's self-esteem
- Helping with children's behavior
- Conflict resolution skills
- Accepting responsibility
- Avoiding Actions that increase stress

Class Details:

Dates: Every **Wednesday**, Feb 22nd -April 12th (8 Week Course)

Time: 5:30 p.m. to 7:30 p.m.

Location: Gracepoint Adventist Church
3500 Sunset Blvd. Rocklin, CA 95677

No Child Care will be provided



Space is limited-reserve your spot today!

Please contact Estrella @ elozano@kidsfirstnow.org
(916) 774-6802



For directions to Gracepoint, click [here](#).

Funding for this program has been provided by the County of Placer Mental Health Services Act.

