



Child First Family Services
129 East Orange Street
Lancaster, PA 17602
Phone: (717) 413-6960
childfirstone@comcast.net
www.childfirstfamilyservices.com

When Co-parenting Isn't Working

This program is for parents who struggle with communicating positively with the other parent of their child and need strategies and education to more effectively co-parent. Even when one parent wants to participate in co-parenting, it takes both parents to co-parent successfully. The program is an 8 week group for one hour and thirty minutes for each session. Parents will be divided by gender. All members will receive certificates following successful completion of the program.

Cost: \$350.00. This includes a 1 ½ hour social history and the Conover Anger Management Map Assessment as well as eight 1 ½ hour group sessions.

Curriculum:

Session 1: Review the kinds of anger including aggressive, deference, and assertive anger. The results of their assessment will also be reviewed at that time and assist the members in understanding how their ways of dealing with anger impacts their socialization with others.

Session 2: Review communication styles and characteristics of assertive communication with examples.

Session 3: What are bad-mouthing, bashing, and brainwashing and what you can do as a parent to deal with this in a positive manner without reacting in a similar manner.

Session 4: What is parental alienation versus normal behavior. Too many times parents misinterpret typical child behavior as parent alienation. We discuss child development, parent alienation as a result of the other parent's manipulation, and parent alienation resulting from solely the child. Strategies are also reviewed to minimize alienation.

Session 5: How to counter "Divorce Poison". Strategies are provided when co-parenting is not working.

Session 6: What you should be doing to assist your child with transitions to include developing new routines and relationships with each parent.

Session 7: How to positively be active in your children's life. Also do's and don'ts regarding forms of communication including e-mails and phone calls.

Session 8: Step-Families

Contact us for our most updated schedule.