



# Parent Connection of San Luis Obispo County

## Crossroads of Parenting & Divorce

### *A Foundational Guide to Effective Co-Parenting*



#### UPCOMING COURSE DATES

JUNE 1, 8, 15, 22

6-7:30 PM

#### WHAT IS THE COURSE?



Crossroads of Parenting is a virtual 4-week program designed for parents who want to keep sight of their child's needs during and after a divorce or separation.

Co-parenting is an arrangement in which parents jointly participate in the care and upbringing of their children in separate households.

#### WHAT DOES THE COURSE COVER?



##### 5 Prevention Steps :

1. Keep your child out of the middle.
2. Allow your child to love both parents.
3. Work on your own recovery.
4. Develop new skills for communication.
5. Create a positive new relationship as co-parents.

#### COURSE OUTCOMES



1. Teach parents the impact their own actions and choices have on their children
2. Help promote the child's well-being and help children thrive
3. Learn insights and practical tips for establishing a cooperative co-parenting relationship

#### HOW DO I LEARN MORE?



Call **Bill Spencer** at **805-904-1411** to learn more about this virtual course and how to register.

**Register here: <https://conta.cc/3tgxNXT>**

Class fee: \$15

(each participant will receive a Parent Guide, scholarships available for those in need. Contact Gwen at [gwen@cfssl.org](mailto:gwen@cfssl.org) to request a scholarship.)



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*Helping families thrive*



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