



Parent Connection of San Luis Obispo County

Crossroads of Parenting & Divorce

A Foundational Guide to Effective Co-Parenting



UPCOMING COURSE DATES

SEPTEMBER 1, 8, 15, 22, 29
4 -6 PM

WHAT IS THE COURSE?



Crossroads of Parenting is a virtual 5-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 **Gwen** at **805- 543-3700** to learn more about this virtual course and how to register.



Helping families thrive.



WELLNESS • RECOVERY • RESILIENCE