

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?
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In this **NEW** 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.
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When: Tuesdays – Feb. 2, Feb. 9, Feb.16, Feb. 23, Mar. 1 and Mar. 8, 2016

OR: Thursdays – Feb. 4, Feb. 11, Feb. 18, Feb. 25, Mar. 3 and Mar.10, 2016

Time: 6:30 p.m. to 8:30 p.m.

Where: Family Services Ottawa, 312 Parkdale Avenue

Cost: \$250.00 per person. Subsidies are available.

For information and registration, please contact us at 613-725-3601 extension 207

Get the *parenting edge!*