

What to Expect from a Co-Parent Education Class

FOR SEPARATING, DIVORCING and NEVER MARRIED PARENTS

support • knowledge • coping tools • understanding • empowerment



The **New York State Certified Parent Education & Awareness Program** is designed to help you gain a better understanding of what your children are experiencing during family transition.

Classes provide tools and strategies to help you reduce the stress of family changes and to assist you in protecting your children from the negative effects of ongoing parental conflict. Research shows that the higher the level of parental conflict, the more likely children are to experience immediate and long-term emotional, psychological, and behavioral health problems.

Who: Parents who are co-parenting children and are either divorced, separated, or never married.

Why: Your children will benefit from your ability to help them get through one of the most challenging times in their lives. You will also benefit by learning how to more effectively communicate with your children's other parent, maintain strong relationships with your children, and reduce unnecessary stress.

What: FamilyKind offers four-and-one-half-hour classes taught by professionals. Participants receive a certificate of compliance that is honored in any court in the United States. The class provides skills, insights, and information that help parents reduce the negative effects on children when co-parents separate, divorce and have conflicts. The class also includes an educational section with information about the legal process.

When: Classes are announced at familykind.org/families/registration — a page that is updated regularly. Parents must register in advance and cannot attend the same class. Walk-ins are not accepted.

Where: Convenient and easily accessible Manhattan and Brooklyn locations.

How: Classes include the use of videos and discussion guides so that parents learn and practice skills that work and help them avoid exposing their children to **CMPQs**:

- **C**arrying messages to the other parent — children should not be used as messenger between angry parents
- **M**oney issues — children should not be used to confront the other parent about money issues
- **P**ut downs of the other parent — children should not hear you criticize the other parent
- **Q**uizzing about the other parent — children should not be spies to gather information about the other parent

The cost of the NYS Certified Class and other FamilyKind services are reasonable, and based on financial need. To register for classes and for more information call (646) 580-4735 or email info@FamilyKind.org.



helping children, parents and couples cope with separation and divorce

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