

FAMILYKIND'S PARENT EDUCATION CLASS

FOR SEPARATING AND DIVORCING PARENTS

support • knowledge • coping tools • understanding • empowerment



3 New IN-PERSON CLASSES

Lower Manhattan: Sunday, July 10 | **Westchester:** Sunday, July 17 | **Suffolk:** Saturday July 23

The New York State Parent Education & Awareness Program is an opportunity for you to take a step back in a supportive environment and learn about how YOU can make the best choices for yourself and your family.

Who: Parents who are separating or divorcing or are still dealing with challenges afterwards. Upon completion, you will receive a certificate of compliance recognized by any court in the US.

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

What: A New York State Parent Education Class provided by FamilyKind, a not-for-profit organization, offers a one-time four and a half-hour class taught by experienced professionals.

Where: **Lower Manhattan:** Sunday, July 10 | **Westchester:** Sunday, July 17 | **Suffolk:** Saturday July 23

When: All Classes are from 10:00 am to 2:30 pm

How: To register for **in-person** classes, please email info@FamilyKind.org or call **212-769-3057**. Costs are reasonable and depend on need. Parents **must** register in advance. Walk-ins will not be accepted.

Classes include the use of electronic media and discussion guides so that parents learn how to avoid putting their children in the middle:

- Carrying messages to the other parent — children should not be used as messenger between angry parents
- Money issues — children should not be used to confront the other parent about money issues
- Put downs of the other parent — children should not hear you criticize the other parent
- Quizzing about the other parent — children should not be spies to gather information about the other parent.

Parents learn skills such as Active Listening, I-messages, Self-talk, Setting agendas, and more.



empowering children, parents and couples before, during and after separation or divorce

Parenting Education is Fun and Rewarding. Come Be Amazed!

www.familykind.org • 212-769-3057

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