



Cooperative Parenting and Divorce

The Cooperative Parenting and Divorce program is a video-based program designed to assist divorcing, divorced parents or parents who are separated and raising children.

This co-parenting class supports in reducing parental conflict and encourages positive healthy interactions with your children.

*Funding has been provided by
First5 Placer.*



Classes are no cost for parents of children 5 years and under.

If you have older children, please call.

This class runs once a week for 8 weeks.

A new group will be starting soon...

Please ask about our childcare vouchers.

NOTE: Bring a picture of your child (ren)

LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

427 A Street, Suite 400
Lincoln, CA 95648
Main Line 916-645-3300

Vanessa Carcelen
916-408-6942
vanessa@lighthousefrc.org

website: www.lighthousefrc.org

Session 1: Child Focus or Out of Focus: Making the Commitment to Care

Session 2: Plan for Peace or Tug of War: Allowing My Children to Love Both Parents

Session 3: Letting Go or Holding On: Changing My Long-Term Role

Session 4: Make it Better or Keep it Bitter: Choosing My Personal Path

Session 5: Neither Fight Nor Take Flight: Managing My Own Anger

Session 6: Defuse or Light the Fuse: Taking Control of Conflict

Session 7: All a Winner or Winner Take All: Negotiating Agreements

Session 8: Cooperation Or Conflict: Co-Parenting Is Forever