



Cooperative Parenting and Divorce



The Cooperative Parenting and Divorce program is a video-based, psycho-educational program designed to assist divorcing or divorced parents in reducing parental conflict and the risk factors that influence the child's post-divorce adjustment.

Classes are no cost for parents of children 5 years and under. If you have older children, please call. If you are in need of child care please call for assistance.

This class runs once a week for 8 weeks.

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

Please contact us for upcoming dates and locations

Register either on line, visiting our website, www.lighthousefrc.org, call Vanessa Carcelen at (916) 408-6942, e-mail vanessa@lighthousefrc.org, or visit our office located at 427 A st. suite 400, Lincoln Ca 95648