

# Parents Forever Co-Parenting Class

## 2023 Available Dates:

January 23

March 20

May 8

July 10

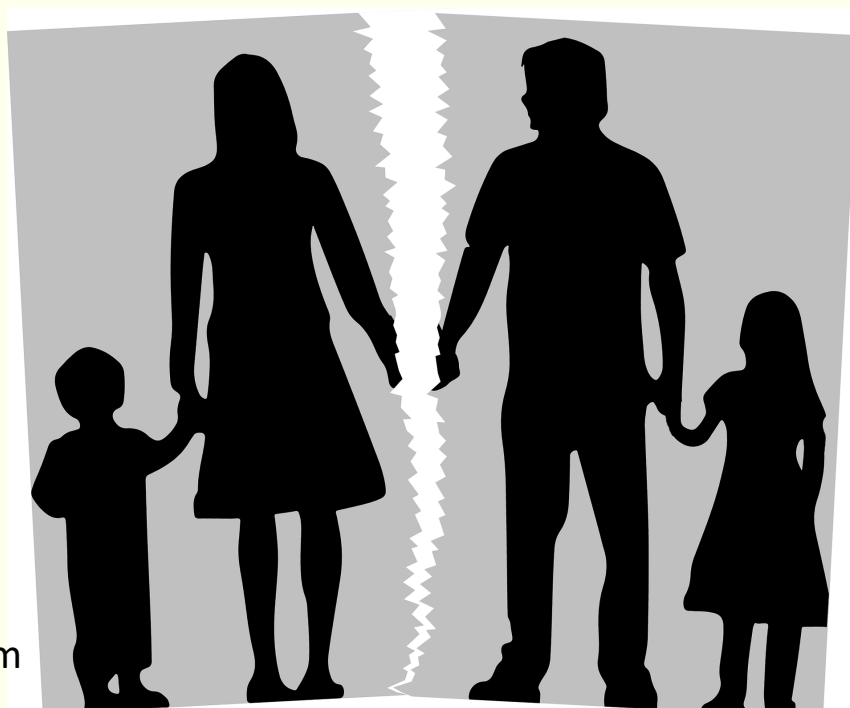
September 18

November 13

**Time:** 6:00-9:00 PM

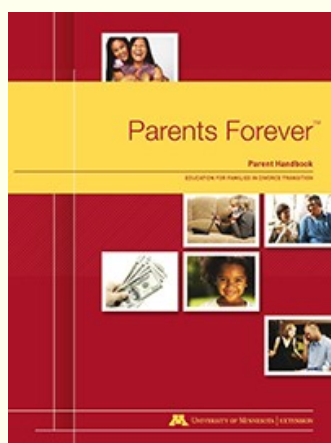
**Cost:** \$20.00

**Location:** Online via Zoom



## This class will help parents:

- Describe the family transition journey and how each family member is affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting to support child well-being.
- Understand the value of keeping children out of the middle of conflict
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved



## Register:

<https://forms.gle/YPgczdoAgjet7NZi9>

For more information contact:

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