

Goals of the Program:



- To help parents move on from a marital/couples relationship to a new partnership: **Co-parenting**
- To make sure both parents are exposed to the same research-based information about challenges that can arise in kids after divorce
- To prepare parents to take care of themselves and their kids during this period of family change.

The divorce decision is behind you; a new family life is ahead of you.

Where and when?

Location: The Counseling Center of Wayne and Holmes Counties, 2285 Benden Drive, Wooster 44691.

There will be one morning session (9:00 am to noon) the fourth Monday of each month, and one evening (6:00 pm to 9:00 pm) the second Thursday of each month. The week might change if there is a conflict

To find about next month's classes, and to register: Call the Counseling Center, 330-264-9029. The front desk handles registrations.

Parents often attend separately; kids do not attend.

Cost: \$25, paid on arrival.

Helping Children Succeed after Divorce



The Counseling Center of Wayne & Holmes Counties
2285 Benden Drive
Wooster, Ohio 44691

Instructor: Jim Foley, MSW, LISW-S
Register: 330-264-9029
Questions (not registration): Jim Foley,
330-264-9029 x1173

Helping Children Succeed after Divorce

A project and curriculum of The Nationwide Children's Hospital



The Counseling Center of Wayne and Holmes Counties

(330) 264-9029 www.ccwhc.org

What to expect...



During and after divorce or dissolution, kids may have various reactions:

- Becoming aggressive toward siblings, defiant toward adults.
- Withdrawing from people or activities.
- Regressing in their behavior and coping skills.

Parenting challenge: to see the emotions behind the behaviors, and help your kids express those feelings safely and appropriately.

What is this class about?

This class is for parents going through a divorce or dissolution, and for others trying to strengthen a coparenting relationship.

We will review the kinds of challenges that can arise for kids and parents after a family separation, including decisions about when to consider counseling, and including tips for managing the coparenting relationship.

The content of the class is based on a curriculum booklet produced by the Nationwide Children's Hospital, with input from parents. Instructors will also add material from experience working with families.

Staff/Instructors:

Your primary instructor, Jim Foley, is the director of community education and mental health prevention services at The Counseling Center.

Other trained instructors may also teach some evening sessions.



What participants say about the "Divorce Class"

- "I like the suggestion to think of my "ex" as my "co-parent;" I feel ready to focus on the future more than the past."
- "I feel more confident, ready to handle my kids' reactions."
- "It was helpful to talk about things from the kids' perspective."
- "Great communication tips!"
- "Easy to follow. Thanks!"



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