

## Goals of the Class

- To teach parents about healthy co-parenting techniques and how to navigate relationship changes
- To make sure both parents are exposed to the same research-based information about the challenges that can arise in children after divorce
- To prepare parents to take care of themselves and their children during this period of family change



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

## Class Details

**Where:** Classes are in person at The Counseling Center of Wayne and Holmes Counties  
2285 Benden Dr, Wooster 44691.

**When:** Classes are held on the first Wednesday of each month from 5:30pm to 8:00pm and the third Monday of each month from 9:00am to 11:30am.

**For more information on class dates and registration, please visit our website at [www.ccwhc.org](http://www.ccwhc.org)**

To attend a class, you must pre-register AND submit your payment online.  
Cost is \$35 per participant.  
Deadline to register is 2 days before the scheduled class time.

Please email [cepclass@ccwhc.org](mailto:cepclass@ccwhc.org) if you require accommodations for this class.

Parents can attend separately. Children do not attend.

**Instructor:** Jordan Jean, LPCC  
[jkindinger@ccwhc.org](mailto:jkindinger@ccwhc.org)

# Helping Families Succeed After Parents Separate

**An educational class that teaches strategies and techniques to help parents take care of their families after parental separation.**



## About the Class

This class is intended for parents going through a divorce or dissolution, and for others trying to strengthen a co-parenting relationship.

We will review and discuss different challenges that may arise for both children and parents after a family separation. Topics include behavioral changes, mental health considerations, and tips for managing the co-parenting relationship. Participation and discussion is recommended and encouraged.

Handbooks will be provided to participants.



## Children's Reactions

During and after divorce or dissolution, children may exhibit various reactions, such as:

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

**Helpful tip:** Look for the emotions behind the behaviors, and help your children express those feelings safely and appropriately.

If you or your child experience a mental health emergency, please contact the 24/7 Wayne Co. Crisis number at 330-264-9029



## What Participants Say About the Class

“I feel more confident, ready to handle my kids’ reactions.”

“Very informative, a lot of good information.”

“I feel like I got a lot of useful information on better handling my children's emotions as they go through this transition as well as my own.”



A representative from Wayne Co. Child Support will be present at the beginning of class to provide helpful information and answer any questions parents may have.