



Relationship Solutions

Psychotherapy, Mediation & Co-Parenting

CHILD-CENTERED CO-PARENTING

Facilitated by Patricia Saunders, MFT, Lic. #42637

This new, four-week, eight-hour class is designed to provide information critical to successful co-parenting. It raises participant's consciousness about the importance of co-parenting that always puts the child's best interest first.

Class #1: Adjusting and Aligning

Participants learn about: ·the impact of grief and loss ·destructive and productive responses to loss ·the importance of self-care in healing ·a new relationship focused on the business of parenting ·guidelines and principles that support effective co-parenting.

Class #2 Emotion and Stress Regulation

Participants learn about: •understanding the brain's response to stress/discord •management of automatic negative thinking •an important distinction between aggressive power and true power •methods for regulating emotions and regaining composure.

Class #3 The Children

Participants learn about: •understanding the impact of divorce, substance abuse, and domestic violence on children •use of self-awareness tools to examine their role in any dysfunction in the co-parenting effort •keeping children out of the and how to avoid it •how to respond to challenging comments •sign a "Safety Zone" pledge to keep exchanges stress-free.

Class #4 Effective Communication and Useful Tools

Participants learn about: •effective communication •5-step process for successful listening •use of "I" messages •preparation for weekly communication sessions •proactive steps to understand key areas that are important to them in raising their child •e-mail etiquette •tools that improve exchanges and communication •common conflicts in co-parenting and suggested actions for resolution.

Group Class: \$300/person

Individual Class: \$400/person

Parents take the course separately to allow for better self-exploration.

To register, call Patricia Saunders 415-991-3453.