C.O.P.E. Family Support Center

2280 Diamond Blvd, Suite 460 Concord, CA 94520 (925) 689-5811

12-Week Family Transitions Co-Parent Classes – Triple P

Families going through a separation/divorce, child custody proceedings or other family changes, will benefit from the Family Transitions Program. The program is designed to assist parents in building and maintaining a healthy co-parenting relationship, while providing strategies to manage conflicts, stressful situations and challenging family dynamics. Parents have the important role of raising the next generation. The challenge for all parents is to raise healthy, well-adjusted children in a loving, predictable environment.

Part 1 (Weeks 1-4) Discussion Includes:

- Identify "Parent Traps" that commonly occur during a separation or divorce
- How to help your child manage their emotions
- Personal coping strategies and self-care
- Relaxation strategies to help reduce stress and conflict
- Conflict resolution between co-parents
- How to Balance Work, Family and Play

Part 2 (Weeks 5-12) Discussion Includes:

- How to create a safe, engaging and positive learning environment for your child
- How to communicate with your child, show affection and build trust
- Use Assertive Discipline to manage misbehavior consistently
- Have realistic expectations for your child's development
- Take care of yourself as a parent

Class Information

Class Duration: 2-hours per week for 12 weeks (Dinner and workbook provided).

Fee: $147.50 per individual/ $210 for a couple*****

Certification: Certificate of *Completion* issued for parents who attend all twelve (12) sessions.

* Court-ordered Coparenting Program participants, to complete the program, must attend one 50 minute conjoint session and one 20 minute phone session with a COPE practitioner (cost included in Course Fee) to develop a family plan based on strategies and principles learned during Family Transitions course.

For more information, please call (925) 689-5811 or email: ellen.crnkovich@copefamilysupport.org