



## **Cooperative Parenting Seminar** **DIVORCE IS DIFFICULT. WE CAN HELP.**

### **Guiding Parents to Amicable & Effective Co-Parenting or Parallel Parenting**

This seminar series is open to all parties, to include those experiencing high-conflict in their divorce.

- The process of divorce requires you redefine your relationship with your former spouse as well as help your child cope with the separation of the family.
- This seminar will offer valuable tools for shielding your child from conflict as well as your own struggle with the loss of your marriage.
- This seminar series is designed to have both parents present during the classes. This will enable you to hear each other's perspectives and come up with solutions in a practical manner. (A sole parent can attend but both attending is preferred.)
- Topics will include:
  - Learning to be child-focused
  - Allowing your child to love both parents
  - Changing your role as a parent
  - Choosing how to make your own life better after divorce
  - Managing your anger
  - Taking control of conflict
  - Negotiating agreements with your co-parent
  - Viewing co-parenting as a dedication to your child's future

**Dates:** Please call or visit my website for current dates. (Typically run in conjunction with Coping with Divorce groups for pre-teens.)

**Where:** Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham.  
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)

**Cost:** \$90 per week per person (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement). \$90 deposit required to reserve a spot. Credit cards accepted (VISA, MasterCard, and Discover).

**To Register: Download a registration form from our website; Call 572-0000  
or email [officemanager@lepageassociates.com](mailto:officemanager@lepageassociates.com)**

**Space is limited so register now to reserve a spot!**  
**[www.lepageassociates.com](http://www.lepageassociates.com)**