



Personalized Cooperative Parenting Seminar
(A highly personalized experience for parents who prefer an approach focused solely on their family, children, and needs.)
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
 - Learning how to best communicate with one another on child issues

Dates: Based on your convenience; we are open and can accommodate daytimes, evenings, and/or Saturdays. Seminar runs for 8 sessions for 90 minutes each meeting; people generally choose weekly sessions though of course session dates are based on convenience for parents attending.

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

Cost: \$150 per week per person (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement).
(Credit cards accepted VISA, MasterCard, and Discover).

To Register: Call 572-0000 or email officemanager@lepageassociates.com

www.lepageassociates.com