



**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 flexibly designed for either a sole parent to come or for both parents to be present during the classes. Coming together enables you to hear each other's perspectives and come up with solutions in a practical manner. Coming alone may work better for very high conflict situations.
- 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 brief-format runs for 4 sessions and regular-format runs for 8 sessions for 60 minutes each meeting; 4-hour format is often what courts order FYI. You may choose weekly 1-hour sessions or chunk sessions to complete more quickly.

**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 hour (most insurance providers will reimburse some % of the fee; we can help you understand how to file to your insurance for reimbursement).  
(Credit cards accepted VISA, MasterCard, and Discover).

**To Register: Call 572-0000 or email [officemanager@lepageassociates.com](mailto:officemanager@lepageassociates.com)**

**[www.lepageassociates.com](http://www.lepageassociates.com)**