



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 sessions. 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. Brief-format runs for 4 1-hour sessions and long-format runs for 8 1-hour sessions; 4-hour format is often what courts order FYI and meets requirements for court-order co-parenting class. 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: \$185 first hour then \$150 per hour thereafter (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.

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

www.lepageassociates.com