

Co-Custody (High Conflict) Parenting Class:

- 1) **What does this class cover?** – Parents learn how to create a healthy environment for children who are living in two separate households. This program educates parents on how to provide a structured and companionate environment by which to communicate about issues regarding your children. We also teach ways to build self-esteem in children going through a divorce.
- 2) **How many classes are required?** Family Courts require 10 Lessons (1 hour) and meet 10 times. Some locations cover two lessons in a session (2 hours) and meet 5 times.
- 3) **Do I have to take the class at the same time and location as my ex?** No – we prefer you do not unless it is court ordered to do so. In that case, we would recommend you do it as a couple (both parties meet with facilitator; Not a group class).
- 4) **What is the Individual model?** You can arrange private lessons (2 hours each time; 5 meetings) to complete this class. We schedule times that fit your busy schedule. This helps with parents who work and also have trouble finding childcare.
- 5) **Do I get a Certificate of Completion at the end?** YES – we provide the document to you and you submit the proof of completion to your attorney or take it to the court clerks. You should also inform your ex that you have completed the course.
- 6) **Can I start at any time?** YES – we do not have a waiting period since we rotate through the lesson plan so you can join any week.
- 7) **Can I switch classes between locations?** NO – please select and attend the location that works best for you and stick with that one.
- 8) **Can I miss a week?** YES but you may be required to do a private makeup class (costs more than group model).
- 9) **Do I have to take the class from the same provider that my ex took it from?** NO – However, there are some benefits from taking the same lessons as the ex took and working that model of co-parenting.
- 10) **What is the fee?** Group Model Classes cost \$25 per lesson. Individual Private Classes cost \$50 a lesson. Each class costs \$25 to enroll. You may enroll on line using the PayPal link on this website. See Class Schedule for Co-Custody Parenting for that option.
- 11) **What do I need to bring to the class?** Payment for Class (\$25 for Group Class) and paper and pen for notes.
- 12) **Do I have to purchase a textbook?** NO- this is optional. Many clients see it as a valued resource – books cost \$10 to enrollees.