**Parenting Through High Conflict Separation and Divorce**

* **Are you worried about how parent conflict is affecting your children?**
* **Would you like to minimize your children’s exposure to conflict?**
* **Are you looking for concrete ways to deal with high stress situations between you and your co-parent?**

In this six-week course you’ll:

1. Learn the skills needed to improve communication.
2. Learn methods to manage upset emotions.
3. Learn how to use non-reactive behaviours with your co-parent and children.
4. Learn positive approaches to parenting that will support your children’s emotional health.
5. Learn about the impact of ongoing conflict on children.

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**When:** Wednesdays, Jan. 15 - Feb. 19, 2020

 OR

 Thursdays, Jan. 16 - Feb. 20, 2020

**Time:** 6:30 pm - 8:30 pm

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** $350.00

 Limited subsidies available

**Please call us at 613-725-3601 extension 108 to register or for more information.**