



ONLY
\$**49**

“They focus on the issues where families need the most help while they are going through the transition of separation and divorce. The creators of Two Families Now clearly understand the needs of these families.”

- Nancy Stevens, Board of Directors Court Watch

RESEARCH & EVIDENCE BASED Online Co-parenting and Divorce Class

This 4-hour class is designed to meet the needs of parents who are raising children in separate households, whether those parents are still married, are separated or divorced, or were never married. It is also appropriate for grandparents, step-parents and other caregivers. Participants will leave the class with increased knowledge of developmental factors that affect children.

What you'll learn:

- How to help your children adjust during separation and divorce
- How to reduce co-parenting conflict
- About different co-parenting styles
- The parenting skills that buffer children from risk
- What to include in a parenting plan
- How mediation can help you create a parenting plan

Two Families Now is guided by a mental health professional and contains important information for your family, including video demonstrations of right/wrong way interactions. This engaging class focuses on useful ideas—not theory!

Content covered in the 4-hour online course:

Protecting Children from Conflict | Effective Listening | Communicating with your co-parent | Interrupting the Stress Cycle | Solving family problems | Transitioning children between households | Building your support network | Establishing new family routines | Child's response to divorce

Sign up now at
www.twofamiliesnow.com/mass

