

# 2 FREE

... WORKSHOPS ...

## Co-parenting and Children in Change



Oct. 19, 2019 | 10 a.m. - 4 p.m.

Parent Link Site (299 Telford Ct.)

Registration is required: Call 780-955-6421

### Co-parenting workshop

This one-day workshop is designed to provide new skills for people who are co-parenting with an ex-partner. You will learn:

- To choose a better way to communicate with each other
- Skills for dealing with anger, resentment and conflict
- How to make your child a priority
- The impact of separation on your child

### Children in Change workshop

This group program is designed for kids aged five to 11 years old to safely share experiences and feelings regarding separation and divorce through play and activities.

*NOTE: Please be advised that there is a required intake process for this program prior to registration.*



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