

# 2011 PARENTING THROUGH DIVORCE

ONE HALF-DAY SESSION, OFFERED IN THREE LOCATIONS,  
ALL CLASSES WILL BE ON TUESDAYS  
(CHOOSE FROM MORNING OR AFTERNOON)

## INDEPENDENCE

Four County Mental Health Center - NORTH  
1101 Donald Avenue

<i>Mornings</i>		<i>Afternoons</i>	
<u>8:00 AM – NOON</u>		<u>1:00 – 5:00 PM</u>	
January 4	July 5	January 25	July 26
February 1	August 2	February 22	August 23
March 1	September 6	March 29	September 27
April 5	October 4	April 26	October 25
May 3	November 1	May 24	November 22
June 7	December 6	June 28	

## COFFEYVILLE

Four County Mental Health Center  
1601 W. 4<sup>th</sup> – Prairie Room

<i>Mornings</i>	<i>Afternoons</i>
<u>8:00 AM – NOON</u>	<u>1:00 PM – 5:00 PM</u>
January 11	February 8
March 8	April 12
May 10	June 14
July 12	August 9
September 13	October 11
November 8	December 13

## FREDONIA

Four County Mental Health Center  
437 N. 6<sup>th</sup>

<i>Mornings Only</i>	
<u>9:00 AM – 1:00 PM</u>	
January 18	July 19
February 15	August 16
March 15	September 20
April 19	October 18
May 17	November 15
June 21	December 20

**CLASS SIZE WILL BE LIMITED TO 10 ADULTS**

### Learn:

- \*a "business-like" parenting relationship with your ex-spouse
- \*how loyalty conflicts affect their children
- \*how to avoid putting children in the middle of painful divorce games
- \*communication skills such as "I messages"
- \*how to co-parent with your ex-spouse

### NOTE: **BOTH PARENTS MAY NOT SIGN UP FOR THE SAME CLASS!!**

An important support person may also attend; however, each participant will be required to pay the fee.

**\$60.00** Fee per person living within Montgomery, Wilson, Elk or Chautauqua Counties

**\$70.00** Fee per person living outside the four county catchment area

**Due on or before day of class. No exceptions!**

To register for this class, please call 331-3480 or 251-8180.

**Instructor:** Gail Norton, Parent Education Coordinator with Four County Mental Health Center

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