

It takes a village come let us help you

Sponsored by: Child Care Development Fund Program of the Eastern Shawnee Tribe



Effective Co-Parenting: What's Best For The Children

How can we effectively raise our children after divorce or separation? Parenting is hard enough, but now what is the best way to parent when we aren't even together?

- ◆ Co-parenting is a respectful partnership between parents living apart who work together to love, protect and raise their child.
- ◆ Healthy co-parenting should give you and your child the chance to thrive not just cope

We will be discussing:

- Commitment
- Communication
- Communication Potholes Especially with Today's Technology
- Strengths
- When Family Members Behave Badly
- Parenting Plan
- Family Schedule
- Decision Making
- Future Relationships
- What Kids Worry About
- The Child's Experience

Childcare will be provided for each evening at no charge to you

A little bit about the presenter:

Kathie Benson is a mother of three grown sons; JJ, Joel and Josh. She also has three wonderful daughter-in-law's and five "perfect" grandchildren. She is a Licensed Professional Counselor and works at Northeast Technology Center in Kansas, Oklahoma where she is the Student Advisor. For the past twenty-three years Kathie has provided classes for parents, child-care professionals, and community members.

March 5th and 7th, 2019 6:00 p.m. - 8:00 p.m.

Classes will be held at the Eastern Shawnee Wellness Center

In the Education Training Room: 10135 S. Bluejacket Rd., Wyandotte, OK 74370

Reserve your space by calling 918-666-7710 Ext: 1122

Or email: dtorres@estoo.net

Parents must attend both classes to receive Certificate

A lite meal will be provided

Space is limited to 20 & Tribal preference so please RSVP as soon as possible