

## Topics Covered

- Dispute resolution processes, including: Judicial/Family Court; Mediation; Collaborative Law.
- Definition of legal terms affecting custody of your child: Joint vs Sole Legal Custody; Residential Custody; Child Support Standards Act.
- The emotional experience of separation and divorce on parents and children.
- What parents can do to help their children adjust after divorce.
- Cooperative Parenting.
- Parallel Parenting.
- Tools for Parenting Apart.
- Skills for Listening to Children.
- Avoiding Common Parental Pitfalls.

**“Putting children’s needs first.”**

**Tel: (518) 943-0523**

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**common ground**

A Place to Settle Differences

11 William Street  
Catskill, NY 12414



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*A Place to Settle Differences*

**“Forever Parents”**

Classes for Cooperative Parenting  
while Living in  
Separate Households

**Common Ground Dispute Resolution, Inc.**

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Catskill, New York 12414

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website: [www.commongroundinc.org](http://www.commongroundinc.org)

**“Forever Parents”** is a five-hour class that helps parents learn to parent effectively while living in separate households. The information is based on research that shows that children do best after divorce when they’re protected from parental conflict and when BOTH parents have active roles in their children’s lives. \*

Divorce and separation is stressful for everyone—you, your child and your child’s other parent. This class can help.

**“Forever Parents” will teach you to:**

- Better understand the affects of divorce on your child.— or, “Why is my child acting like that?”
- Experience the family’s separation from your child’s perspective.
- Reduce stress in your child’s life by learning how to disengage safely when conflict arises between you and the other parent.
- Develop better skills to communicate with your child’s other parent.
- Develop a positive co-parenting plan.
- Learn effective co-parenting skills.
- Protect your children from painful inter-parental /adult conflict.

\* *Exceptions are unsafe family environments, such as a history of domestic violence, or indications of child abuse and/or neglect. Please refer to the bottom of Registration Form — — —>*

**“Helping parents help their children adjust.”**

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**What Style of Parenting is Best Suited for my Family?**

Research on families of divorce suggest that there are primarily three styles of parenting after separation or divorce: *cooperative, parallel, or disengaged*. *Cooperative parenting* is the style used by families in which conflict is low and parents can effectively communicate about their child. *Parallel parenting*, although not actively communicating with the other parent, is effective parenting by doing the best job you can during the time you are with your child.

To do both, you have to learn *how to disengage* from destructive conflict with the other parent so that you can *effectively parallel* parent when you have to, and to *parent cooperatively* when you can.

After taking the class, a parent says:

**“I learned how to do what is best for my child. EVERYONE should take this class.”**

**Please refer to the flyer insert for up-coming classes.**

Please mail your Registration Form to:

Common Ground Dispute Resolution, Inc.  
11 William St.  
Catskill, NY 12414

Clip the Form

**Registration is confidential.**

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**Registration Form**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (best): \_\_\_\_\_

Phone (other): \_\_\_\_\_

Children (gender & ages): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Court Ordered? Yes No

Judge: \_\_\_\_\_

Other Parent: \_\_\_\_\_

Date of class you wish to attend:  
\_\_\_\_\_

**Are you in danger of your partner or ex-partner doing any of the following?**

1. **Physically hurting you by pushing, grabbing, hitting, choking, or biting?**
2. **Threatening to hurt you, your children, or someone close to you?**
3. **Stalking, checking up on you, following you?**
4. **Making you afraid?**

\_\_\_\_\_ Yes (You will be contacted by Common Ground. Please indicate the safest way to reach you.)