

# PARENTING APART: POSITIVE CO-PARENTING



**Parenting Apart: Positive Co-Parenting** is for parents and caregivers who are divorced or separated. It will help you become aware of how your actions affect your child while providing you with the skills to maintain a child-focused relationship with your co-parent.

## **YOU WILL LEARN HOW TO:**

- Keep your child out of the middle
- Allow your child to love both parents
- Work on your own recovery
- Develop new communication skills
- Create a positive new relationship as co-parents

**3 week program: Thursdays, July 25- August 8, 2024  
6:00-8:00 PM**

To register, contact Missy at 442-7963 ext. 286 or [melissa.kettell@mmcacorp.org](mailto:melissa.kettell@mmcacorp.org)  
You can also register online with the QR code below

**FREE program over ZOOM!**

