



# FAMILY MATTERS-PACT

PARENTS AND CHILDREN TOGETHER

Each year, more than one million children experience the divorce or separation of their parents. While there are many associated risks and problems for children when parents separate or divorce, there are many factors that can reduce risks and promote children's resilience.

## OUR COURSES WILL HELP PARENTS

- Move the focus to the children and their adjustment
- Understand the emotional process for adults and children
- Understand the impact of negative conflict on children and the correlation between parental conflict and children's adjustment
- Use information, techniques, and resources for more effective parenting during periods of family change or stress
- Build a basis for increased cooperation and successful long term coparenting
- Learn decision-making, negotiating and problem-solving methods
- Build effective parenting plans
- Develop a system of communication

### LEVEL ONE

#### PARENTING FROM TWO HOMES

Introductory mandatory 4-hour course for those in the process of separation/divorce.

- Parenting From Two Homes - English
- Crianza desde Dos Hogares - Spanish

Parenting from Two Homes (aka PACT Classroom) is a four-hour, interactive online educational program designed for families to help them lessen the negative impact and risks of parental separation, divorce and family conflict on children. Complete the course at your own pace using your computer or smartphone.

- Accessible 24/7 with 30 days access
- Log in and out as needed
- Meets 4-hour mandate
- Certificate of Completion

*When parents are armed with good information and skills, they will make good decisions.*

### LEVEL TWO

#### COPARENT TRAINING

Advanced course for separated parents that provides a structured way for parents to move forward and establish ways of communicating and cooperating that is modeled after successful parents. CoParent Training can be taken by a parent to learn skills to improve coparenting. CoParent Training can be completed by both parents. In the first step, each parent independently completes the online course and workbook. In the second step, the parents meet with a CoParent Trainer to implement strategies for improved coparenting.

- 100% Online and optimized to fit all screen sizes. Take on computer, laptop, tablet or smartphone
- Workbook available
- Available 24/7 with 30 days access
- Certificate of Completion

*The most important predication of good outcomes for child is how well separated parents communicate and cooperate.*

To register: [familymatters-pact.com](http://familymatters-pact.com)

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