

**Children 1<sup>st</sup> Co-Parenting Class**  
**Purpose and Guidelines**

The purpose of this class is to help you and your children learn to deal with what may be the most difficult experience of your life. For many people divorce/separation can be challenging, painful and disruptive. While there are many places for adults to receive help regarding their feelings and reactions to the divorce process, it has become clear in recent years that the needs of the children are often overlooked. This class will help to redirect parents' attention to the impact of the divorce on the children.

Many parents have not yet had an opportunity to discuss their reaction to the divorce/separation. **This class is not therapy**; you may find that you need more time to talk about the feelings you're having associated with the divorce/separation. You will be provided with a list of Psychotherapists in our community.

The most difficult part of the divorce process, for most children, is the prolonged and unresolved conflict which arises out of the parents' reaction to the pain of divorce/separation or to each other's behavior. In class, you will learn how to acknowledge your own part of the problem in order to reduce the level of conflict in your co-parenting relationship with your ex-partner.

Your instructor may find it necessary to redirect comments or set limits. Please accept their feedback with an understanding that we have a limited amount of time to provide you with valuable information. **Parents who act in a disruptive manner or who are disrespectful to the instructor or other participants may be asked to leave the class and consequently will not be presented with a refund or completion certificate.**

Please be aware that we will not be advising you on legal matters. We are not responsible for enforcing restraining orders. If you have a restraining order, please check with your attorney to make sure you are not violating it by taking this class.

We hope, and trust, your experience with us will be valuable and beneficial during this trying time for you and your children.

**All teachers are mandated child abuse reporters. Please note we reserve the right to refuse service to anyone, at any time and for any reason.**

**This class is NOT psychotherapy. It is meant for educational purposes only.**

**The following items will need to be completed prior to receiving a certificate of completion:**

1. The total fee for the course must be paid in full prior to scheduling your first class.
2. View the film "SPLIT" prior to attending first class or inform the instructor in advance if you do not have access to a computer to watch the film. If you arrive to class and are not able to show proof of having watched the film, you will need to reschedule your class and will be responsible for a \$50.00 re-scheduling fee. The film is available to watch on our webpage: [www.harmony-at-home.org](http://www.harmony-at-home.org)
3. You must attend both classes.
4. You will need to arrive to class on time, treat the instructor with respect and indicate to the instructor that you are listening and understanding the material.
5. You will need to complete the class evaluation at the end of the second class.
6. If you are asked to leave class due to your behavior, no refund or certificate of completion will be provided at that time. If you would like to continue the class, you will need to reschedule and pay an additional \$50 fee.
7. A \$50 fee will be charged for any class that is not cancelled with at least 24-hour notice, or if you come to class unprepared and the class needs to be re-scheduled.
8. If all the above has been completed, you will receive a certificate of completion.

**Please sign and bring this sheet to your first class indicating, by your signature, that you have carefully read and understand the class guidelines. By signing this form, you acknowledge that you understand and agree to all the following terms.**

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date