

Looking for ways to improve your co-parenting situation?
Make daily life easier for both you and your child!

Nurturing Co-Parenting 101

Learn skills and techniques for better co-parenting

This FREE, one-session class can help you...

- Build self-confidence as a co-parent
- Develop appropriate expectations for your children's growth and development and behavior
- Increase your ability to show empathy and a sense of caring toward yourself and your children... even when you're under stress
- Learn to use *positive* discipline
- Learn helpful family roles
- Develop resilience and build a strong positive relationship with your children
- Continue with our (FREE) 6-part parenting series that offers even more practical skill-building!



Nurturing Co-Parenting 101 is offered on the 3rd Tuesday of each month:

2018 — Sep. 18 • Oct. 16 • Nov. 20 • Dec. 18

2019 — Jan. 15 • Feb. 19 • Mar. 19 • Apr. 16

**FOR MORE INFO OR
TO REGISTER, PLEASE
CALL 299-LINK (5465)**

Attend the class time that's best for you!

9:30 a.m. to 12:00 noon

or 6:00 to 8:30 p.m.

*There will be snacks at the morning session,
and a light meal at the evening session.*



Nurturing Co-Parenting 101 is presented by Catholic Social Services of the Miami Valley, and participation is FREE to all Montgomery County Child Support customers. Each participant will receive a free book to read with their child plus other helpful information and incentives!



Classes are held at the Center for Families, 1046 Brown Street, Dayton OH 45409