

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 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



*Offered on the 3rd Tuesday of each month for 2022-2023:*

**Online:** Jul. 19 • Sep. 20 • Nov. 15 • Jan. 17 • Mar. 21 • May 16

**In Person:** Aug. 16 • Oct. 18 • Dec. 20 • Feb. 21 • Apr. 18 • Jun. 20

**FOR MORE INFO OR  
TO REGISTER, CALL  
937.299.LINK (5465)**

**All classes  
9:30 a.m. to  
12:00 noon**



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



*Please register in advance to receive the location or link to attend!*