

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 once a month for 2023-2024:

Online: Jul. 18 • Sep. 19 • Nov. 21 • Jan. 16 • Mar. 19 • May 21

In Person: Aug. 15 • Oct. 17 • Dec. 12 • Feb. 20 • Apr. 16 • Jun. 18

**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!