



We invite you to join us for this bi-monthly workshop designed for parents who wish to improve Co-Parenting and communication

STRENGTHENING CALAVERAS FAMILIES

The Crossroad of Co-Parenting

“Developing a Working Relationship for your Kids”

Based on the book by Susan Blythe and Ann Marie Termini

Facilitated by Denise Combs, MFT



Easing Transitions and Creating Two Homes



Your New Path

Disengaging from your former partner/forging new roles

**PART
ONE**

Monday
March 8, 2021
5:30-6:45 pm

**PART
TWO**

Monday
March 22, 2021
5:30-6:45 pm

Next classes: April 5, 2021: Developing New Communication Skills, Part I, and April 19, 2021: Developing New Communication Skills, Part II

REGISTER ONLINE on our website: first5calaveras.org

or contact Joyce Peek at (209) 754-6916 or jpeek@co.calaveras.ca.us

Join your session at: <https://zoom.us/j/4145681030>

ONLINE PARENTING COMMUNITY
SUPPORT EDUCATION CONNECTION



Funding provided by a
Calaveras County
Behavioral Health Services
Prop 63 Mental Health
Services Act grant



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Monday
May 3, 2021
5:30 - 6:45 pm

Create a New Relationship as a Co-Parent

Minimizing negative influences

Monday
May 17, 2021
5:30 - 6:45 pm

Dedicated to the Future

Give the gift of a strong co-parent relationship

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How conflict hurts your child
Keeping your child out of the middle



Respecting your child's need for the other parent
Allowing your child to love both parents contributes to positive self-worth

**PART
ONE**

Monday
January 25
5:30-6:45 pm

**PART
TWO**

Monday
February 1
5:30-6:45 pm

Next classes: March 8, 2021: Easing Transitions and Creating Two Homes, and March 22, 2021: Your New Path - Disengaging from your former partner/forging new roles

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Join our Parent Café 3-part Series:

STRENGTHENING CALAVERAS FAMILIES

Staying Strong and Positive Living the Protective Factors

Facilitated by Maggie Rollings, Parent and Community Educator

Thursday,
January 28, 2021
5:30 - 6:45 pm

**Self-Assess our Needs and Shoring Up Support:
We Got this 2021!**

Thursday,
February 4, 2021
5:30 - 6:45 pm

**Trauma-Informed Parenting with Guest Holly Stetson:
“Peer Parent Support” for meeting our children’s needs**

Thursday,
February 11, 2021
5:30 - 6:45 pm

**Steps Towards Change:
Growth Mindset and Mindfulness**

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Join your session at: <https://us02web.zoom.us/j/6534124668>

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Developing New Communication Skills, Part I
Creating new expectations and boundaries



Developing New Communication Skills, Part II
Skills to use your words with care

**PART
ONE**

Monday
April 5, 2021
5:30-6:45 pm

**PART
TWO**

Monday
April 19, 2021
5:30-6:45 pm

Next classes: May 3, 2021: Create a New Relationship as a Co-Parent, and
May 17, 2021: Dedicated to the future – give the gift of a strong co-parent relationship

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Four A's of Stress Relief for Parents: Avoid, Alter, Accept, Adapt

Facilitated by Marina Koorkoff,

Columbia College Adjunct Instructor and Community Educator

Bi-Weekly Zoom Meetings
2nd and 4th Wednesdays of the month
5:30 to 6:45 pm

We all know that the effects of stress can weigh us down making even the familiar tasks feel like heavy burdens. We're inviting our community to gather together and share their experiences in coping with stress by many effective and creative methods that can all fit into four A's of stress relief: avoiding, altering, accepting, and adapting. We're doing it already and there's the collective wisdom that is waiting to be shared. Some of the things we'll be discussing during these interactive community meetings include:

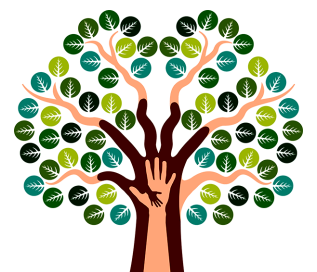
- January 27, 2021 **Taking Control of Surroundings: Minimizing toxic external influences**
- February 10, 2021 **Revising "To Do" Lists: Managing time**
- February 24, 2021 **Learning Assertiveness Skills: Improving communication**
- March 10, 2021 **The Art of Appreciation and Forgiveness: Ultimate states of being**
- March 24, 2021 **The New Science of Positive Psychology: Adjusting standards**
- April 14, 2021 **Thought Stopping: Choosing how to think**
- April 28, 2021 **Reframing: The stories we tell to selves and others**
- May 12, 2021 **Focusing on the Bigger Picture: Change, growth, and strengths**

Select the class date above to **REGISTER ONLINE**, or visit our website:
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