

Educational Series for Divorcing Parents



Alternative Dispute Resolution and the Child Impact Seminar

Alternative Dispute Resolution focuses on ways individuals going through divorce can resolve conflicts outside of the courtroom. The Child Impact Seminar provides information to help parents better understand the impact of divorce or custody changes on their children. The seminar teaches skills that will enable parents to make choices and decisions that will be consistent with their children's physical, emotional and developmental needs.

Series Schedule

The series is presented in two, two-hour sessions or as one, four-hour session. The series is led by a pair of counselors- one male and one female- for classes of up to 25 participants. There is one brief break during each two-hour portion.

Alternative Dispute Resolution content is presented at the beginning of the series and lasts approximately twenty minutes. The remaining course time will focus on the Child Impact Seminar information.

Topics Covered

- ◆ Alternative methods of litigation
- ◆ Range of custodial options
- ◆ Talking with your children about divorce
- ◆ Learning how children of different age groups respond to divorce
- ◆ Learning the stages of grief and helping your children to grieve
- ◆ Recognizing behaviors that indicate a problem and learning how to respond
- ◆ Co-parenting children after the divorce
- ◆ Learning why it is important to shield children from parental conflict
- ◆ How to separate your emotional needs from those of your children
- ◆ Supporting self-esteem in your children
- ◆ Communication skills

Registration

Classes are held at the **Center for Life Management, 10 Tsienneto Road in Derry**. Pre-registration is required and payment must be received at least three days prior to the start of the series. To register, please call **603.434.1577**.

Fees

The cost of the Child Impact Series is \$85 per person. (A fee reduction will only be considered for those who meet specific financial qualifications. If this is a concern, please contact us at 603.434.1577).

Things to Keep in Mind

- Please do not bring children to class.
- Couples involved in serious conflict should attend separate classes.
- Classes begin on time and participants should arrive 15 minutes earlier. Late arrivals will not be admitted and fees are non-refundable.
- Upon completion of four hours of class time, you will receive a certificate of attendance.
- Courts will be notified of successful Child Impact Seminar completion.



10 Tsienneto Rd, Derry, NH
603.434.1577
www.centerforlifemanagement.org

Please note this series is not designed to provide legal consultation, mediation or group therapy.