



Mediation and Dispute Resolution Services

Conflict is part of every relationship and can be more challenging with separation or divorce. The purpose of this class is to help you communicate more easily and develop a respectful parental relationship to support your child and yourself during this challenging time.

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INFORMATION**



**NYS CERTIFIED PARENT
EDUCATION &
AWARENESS
PROVIDER**

Forever Parents: a Program for Parenting Apart

**COOPERATIVE PARENTING CAN BE DIFFICULT.
THIS CLASS TEACHES YOU HOW TO WORK TOGETHER AS
SEPARATED PARENTS WHILE PROTECTING YOUR CHILDREN
FROM CONFLICT.**



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TOPICS COVERED

- Dispute resolution processes
 - mediation, “shuttle diplomacy,” collaborative law, and litigation.
- The Family Court.
- Definitions of custody.
 - Joint
 - Residential
 - Legal
- The emotional experience of separation and divorce on parents and children.
- What parents can do to help their children adjust after divorce.
- Cooperative parenting.
- Parallel parenting.
- Tools for “Parenting Apart.”
- Skills for listening to children.
- Avoid common parental pitfalls.

Workshops are offered online and in-person



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The logo for Common Ground, featuring a stylized blue 'C' icon followed by the word 'COMMONGROUND' in a blue, sans-serif font, set against a white background within a teal-bordered box.

COMMONGROUND

MEDIATION AND DISPUTE RESOLUTION SERVICES

Helping Parents Help their Children to Adjust

Forever Parents is designed to help parents support their children adjust to separation and divorce. Studies have shown that the greatest indicator of happiness and success in adult children is the degree of their exposure to conflict while growing up. Forever Parents is strength-based and believes that parents can protect their children from conflict once they understand its harm and can change their interactions to minimize exposure. Creating a positive and supportive environment, the program encourages and demonstrates skills and techniques to help parents move forward.