

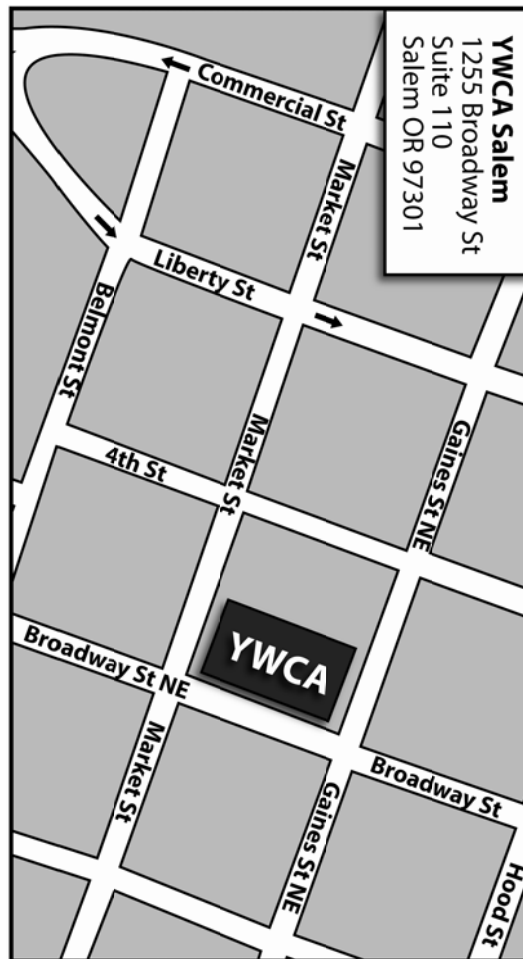
## topics include:

- ◆ What children of different ages feel and think about during divorce and separation
- ◆ How to talk to your children about the divorce or separation; how to get children to open up
- ◆ How conflict affects your children
- ◆ Changing your relationship with the other parent to reduce conflict
- ◆ Shared parenting dos and don'ts; strategies for parenting with the other parent
- ◆ Why children need noncustodial parents to stay involved
- ◆ Information on creating a parenting plan and where to look for resources
- ◆ And more...

We know that divorce/separation can be a difficult time for all involved. We also know that parents' actions and decisions profoundly affect how well a child adjusts to the changes.

We truly hope parents will leave the seminar feeling like they have more tools for helping their children to thrive and be happy during this transition.

eliminating racism  
empowering women  
**ywca**



Parking is challenge in this busy part of town. Please arrive early. Allow plenty of time for driving, parking, and signing in.

Please check in at the front desk located on the ground floor in the lobby. Take the stairs or elevator to the second floor where the class is held in room 201.



helping children  
**cope**  
with divorce or  
separation



**a seminar for parents**

# helping children cope with divorce

## FAQ frequently asked questions

### Who takes this class?

This one-time, four-hour seminar is for parents who are divorcing, separating, or petitioning for child-related issues. This seminar is required for **both parents** by the Marion County courts. Although it is court-mandated for most parents that attend, anyone may register for this class.

### Why do I have to take this class?

Classes like these have been widely successful across the nation at reducing conflict between parents. Less conflict means less litigation, saving parents more money in the long run. These classes are proven to be effective at teaching parents how to lessen the negative impact of divorce and separation on their children.

### Why can't parents attend together?

Parents often have good intentions when wanting to attend together, but we've found that this can cause problems. Separation is difficult and the topics discussed are sensitive. Parents seem to open up and get the most out of the class when they are free to express themselves without the other parent present, even in cooperative relationships. Before we implemented this policy, we had problems with parents trying to provoke or embarrass the other parent in front of the class and a variety of other problems which can be disruptive to the entire class. We hope that cooperative parents will be able to discuss the issues outside of class.

### I live in another county, will this class work?

We allow anyone to take the class. Whether or not it will meet the requirements outside of Marion County is really up to your county's court. We encourage you to get an OK from the court before signing up.

### Can I bring my children?

Children are not allowed in the class, and we do not provide childcare.

### Is there a class for my kids?

We also hold a fun, activity-based workshop for children whose parents have divorced or separated called Rollercoasters. This class is for all children ages 6-12. Please visit our website for more information or to register online.

### Where can I get more help?

The YWCA offers a parent discussion group for divorced or separated parents at no cost. It meets every Tuesday from 6-8 PM. Free childcare is available during the group.

## class schedule

**Seminar schedule varies.** For the current schedule call the YWCA or visit [ywcasaalem.org/cope](http://ywcasaalem.org/cope).

Seminars are usually offered 4-5 times per month on the following days:

**Thursday:** 5:30 PM - 9:30 PM, twice per month

**Saturday:** 9 AM - 1 PM, twice per month

## registration information

You may register by mail with the form provided to the right, by phone, or online. When registering by mail or online, please select two class dates. We do not guarantee that these dates will be available, and we will contact you to confirm your registration date. Please register early.

**Mail to:** YWCA Salem, 1255 Broadway NE Suite 110, Salem OR 97301 **Phone:** 503-581-9922 **Online:** [ywcasaalem.org/cope](http://ywcasaalem.org/cope)

## important

- Cost of seminar is \$50 per person. Interpreting services provided for free. **Payment must be received** before you are guaranteed a place in the seminar.

- Please arrive early. **If you come late you will need to reschedule.**

- If you can't attend a scheduled class, you must let us know at least 24 hours before the class date or **you will be charged a \$10 rescheduling fee.**

- Coffee and other hot drinks are provided. A soda machine is also available. Please bring snacks from home if you want them.

- **We almost never have a problem with this, but:**

We can and will withhold a certificate of completion at our discretion if a participant arrives late, sleeps during the class, is absent from the classroom for a long time, etc. We will report any aggressive behavior directed at others in the class or the YWCA staff.

For Office Use

Rcpt #:

Recd:

Class:

## cope registration form

You may register by mail, by phone, or online.

### Contact Information

Case Number: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Work/Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

We do not give your email to anyone. It is used only for Cope or Rollercoasters.

Other Parent's Name: \_\_\_\_\_

Parents must attend separate classes. No exceptions.

Class Date Requested (if not scheduled): \_\_\_\_\_

Alternate Class Date Requested: \_\_\_\_\_

Classes might be full. We do not guarantee that these class dates are available.

Interpreter Services Needed (free of charge, please specify language): \_\_\_\_\_

### Payment Information

You may pay by check or credit/debit card. You may mail this form, pay over the phone, or online at [ywcasaalem.org/cope](http://ywcasaalem.org/cope). Cost is \$50 per person.

Card #: \_\_\_\_\_

Visa  MasterCard Exp. Date: \_\_\_\_\_

Billing Address: \_\_\_\_\_  
(if different from mailing address)

Signature: \_\_\_\_\_