

# PARENTING SERVICES

TOTAL LIFE COUNSELING CENTER



## Co-Parenting Divorce Class

*4 Hour Court Ordered Divorce Parenting Class*

*Helping Your Children Through the Transition of Divorce*

*Topics Covered:*

- Divorce Stress & Anger Management
- Children's Age Appropriate Adjustment to Divorce
- Successfully Transitioning Children
- Blended Families After Divorce & Boundary Setting in Divorce
- Parenting Styles & Step Family Dynamics
- Introducing New Relationships in your Children's Lives
- Stages of Divorce/ Effects on Family
- Co-Parenting Teamwork, Plans, Strategies, & Discipline
- Assertive Communication

## Parenting With Purpose

*Topics Covered:*

- Learning the developmental ages and stages of your children
- Effective discipline and appropriate boundaries
- Emotional effects of stress, abuse, and aggression on children
- Setting aside pride, and regaining respect

*4 hour Parenting Class certificates provided upon completion*

*Court Referrals are accepted*

*Saturdays 9:00 AM- 1:00PM*

*Price: \$50.00*



*1507 S. Hiawassee Road, Suite 101  
Orlando, FL 32835*

*Satellite Locations: Winter Park, Clermont,  
& East Orlando*

*Phone: 407-248-0030*

*Email: [info@totallifecounseling.com](mailto:info@totallifecounseling.com)*

*Web: [www.totallifecounseling.com](http://www.totallifecounseling.com)*