

Kids In The Middle Parenting Class

January 14th – March 4th | 12:00 PM

\$45 per session

The eight-session course provides parents with resources and tools regarding a variety of parenting topics through a separation/divorce perspective, including:

- Self-Regulation & Self-Care
- Typical Stages of Development
- Effective Communication with Children
- Establishing Age-Appropriate Boundaries
- Positive Discipline Techniques
- Dealing with Grief of Separation/Divorce
- Managing the Level of Conflict with Your Co-Parent

The Parenting Class is a revolving eight-session series. Certificates are awarded to participants at the completion of the eight sessions.

All classes are held virtually.

***To learn more and register, call Tia Hughes at 314.909.9922 ext. 1000.**

www.kidsinthemiddle.org | info@ktim.org