

# Kids In The Middle Parenting Class

**February 18<sup>th</sup> – April 8<sup>th</sup> | 5:00 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 eighth sessions.

All classes are held virtually.

To learn more and register, call Tia 314.909.9922 ext. 1000, or scan code.

[www.kidsinthemiddle.org](http://www.kidsinthemiddle.org) | [info@ktim.org](mailto:info@ktim.org)

