

FAMILY CENTRE PRESENTS

A Family Group Workshop Series:

**New
Dates!**

CO-PARENTING & DIVORCE

*Are you separated or divorced with children?
Do you want to improve your co-parenting relationship?*

Join us for our all-new parenting workshop series using the Two Families Now curriculum. In this five-week interactive series, we will learn how to effectively co-parent, discuss how to help children adjust during separation and divorce, learn strategies to reduce co-parenting conflict, learn co-parenting styles, and how to handle stress effectively.



To register and for more information, scan the code, visit www.tfc.bm/family-groups or call 232-1116.



WORKSHOP INFO

Monday Nights

Group 1 Dates:
March 4 - April 1, 2024

Group 2 Dates:
April 8 - May 6, 2024

Time:
5:30 PM (Dinner served)
6:00-7:00 PM (Workshop)

Location:
Family Centre
Sunshine League House,
27 King Street, Pembroke

This Family Centre Workshop Series is made possible by the generosity of our donors. Donations of \$10 per family, per session to help with costs are appreciated, but not required.

Family Centre
Where Children Come First

