Ending a marriage or long-term relationship is incredibly painful. This process is infinitely more complex when children are involved, because former partners are still engaged in the lifelong relationship of raising their children. Navigating and redefining this new type of partnership is difficult and often requires some support to ensure that children's needs are at the forefront.

In Co-Parenting After Divorce, trained family mediator Jenna Rowen, Ph.D., offers an empirically-grounded, 10-week course for parents who want to create an effective, healthy co-parenting relationship.

What you will gain:
- Ways to redefine your relationship from romantic partners to co-parents
- Empirically-grounded strategies for constructive co-parenting
- Information on children's experiences of divorce
- Tools for creating an effective parenting plan
- Common pitfalls for divorcing parents to avoid
- Strategies for constructive communication with your co-parent
- Skills practice with other parents in similar situations
- Support during this difficult transition

To register or for more information about the Co-Parenting After Divorce group, contact Dr. Rowen at 847-733-4300, ext. 686 or jrowen@family-institute.org.

NEW MEMBERS ARE BEING ACCEPTED FOR WINTER 2016

WHEN: Thursdays (meets in 10-week cycles)
TIME: 6:00-7:00 p.m.
WHERE: The Family Institute, 8 South Michigan, Suite 500, Chicago
COST: $77.50/session. BlueCross/Blue Shield PPO is accepted.

ADVANCED REGISTRATION IS REQUIRED

THE FAMILY INSTITUTE
at Northwestern University
847-733-4300 | www.family-institute.org
Evanston - Downtown Chicago - Northbrook - Westchester