

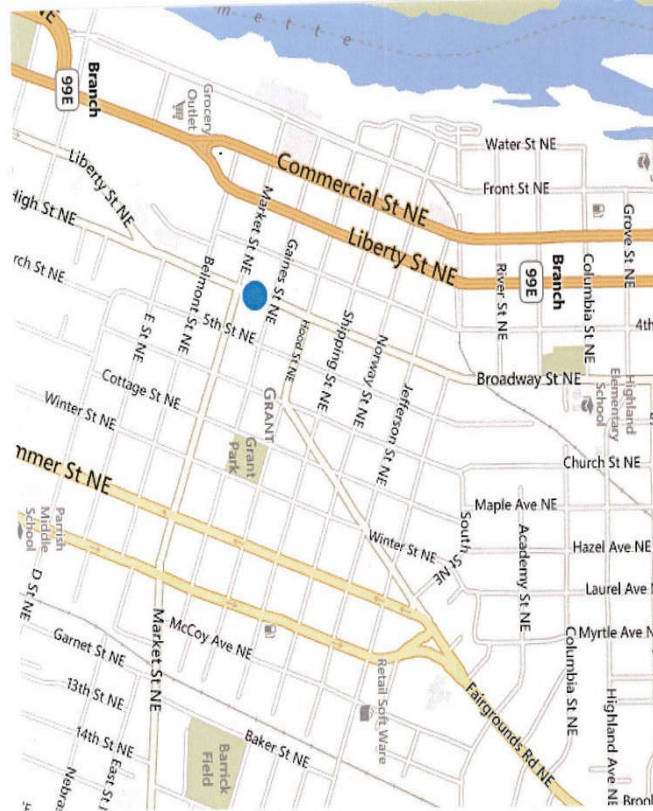
topics include:

- ◆ What children of different ages feel and think about during divorce and separation
- ◆ How to talk to your children about the divorce or separation; how to get children to open up
- ◆ How conflict affects your children
- ◆ Changing your relationship with the other parent to reduce conflict
- ◆ Shared parenting dos and don'ts; strategies for parenting with the other parent
- ◆ Why children need noncustodial parents to stay involved
- ◆ Information on creating a parenting plan and where to look for resources
- ◆ And more...

We know that divorce/separation can be a difficult time for all involved. We also know that parents' actions and decisions profoundly affect how well a child adjusts to the changes.

We truly hope parents will leave the seminar feeling like they have more tools for helping their children to thrive and be happy during this transition.

Class is located at :
Center for Community Innovation
1255 Broadway St NE, (first floor) Salem OR
(corner of Broadway and Market)



On day of class, please check in at the front desk located on the 1st floor in the lobby.

Parking is available on the west side of the building. There is additional parking in the lot across the alley. Please arrive early. Allow plenty of time for driving and signing in.



helping children **cope** with divorce or separation



a seminar for parents

helping children cope with divorce

FAQ frequently asked questions

Who takes this class?

This one-time, four-hour seminar is for parents who are divorcing, separating, or petitioning for child-related issues. This seminar is required for **both parents** by the Marion County courts. Although it is court-mandated for most parents that attend, anyone may register for this class.

Why do I have to take this class?

Classes like these have been widely successful across the nation at reducing conflict between parents. Less conflict means less litigation, saving parents more money in the long run. These classes are proven to be effective at teaching parents how to lessen the negative impact of divorce and separation on their children.

Why can't parents attend together?

Parents often have good intentions when wanting to attend together, but we've found that this can cause problems. Separation is difficult and the topics discussed are sensitive. Parents seem to open up and get the most out of the class when they are free to express themselves without the other parent present, even in cooperative relationships. Before we implemented this policy, we had problems with parents trying to provoke or embarrass the other parent in front of the class and a variety of other problems which can be disruptive to the entire class. We hope that cooperative parents will be able to discuss the issues outside of class.

I live in another county, will this class work?

We allow anyone to take the class. Whether or not it will meet the requirements outside of Marion County is really up to your county's court. We encourage you to get the approval from the court before signing up.

Can I bring my children?

Children are not allowed in the class, and we do not provide childcare.

Office hours for COPE:
Monday-Friday, 1-5 p.m.
503-581-9922, ext. 307

class schedule

Class are typically offered:

Thursday: 5:30 PM - 9:30 PM, twice per month

Saturday: 9 AM - 1 PM, twice per month

The schedule sometimes may vary. For the current schedule call 503-581-9922 ext.307 or go to our website at: cope-ccioregon.org for an updated schedule.

registration information

You may register in person, by phone, or online. If you register online, you will get an email confirmation. If we find here is a conflict with the other parent being in the same class or if the class is full, we will notify you as soon as possible. Please register early, as some classes fill fast.

Class Location: Center for Community Innovation,
1255 Broadway NE, 1st floor, Green Room, Salem OR 97301
Phone: 503-581-9922 ext.307 **Online:** cope-ccioregon.org.

important

- Cost of seminar is \$60 per person. **Payment must be received in advance** before you are guaranteed a place in the seminar. Classes in Spanish are offered once a month. For the Spanish schedule go to our website.
- Please arrive early. **If you come late you will need to reschedule.**
- If you can't attend a scheduled class, you must let us know at least 24 hours before the class date or **you will be charged a \$10 rescheduling fee.**

• Coffee and snacks are provided. You are welcome to bring snacks if you want them.

• **We almost never have a problem with this, but:** We can and will withhold a certificate of completion at our discretion if a participant arrives late, sleeps during the class, is absent from the classroom for a long time, etc. We will report any aggressive behavior directed at others in the class to the CCI staff.

cope registration form

Contact Information

Case Number: _____

Name: _____

Mailing Address: _____

City: _____

State: _____ Zip: _____

Best Phone No. to reach you: _____

Email: _____

Other Parent's Name: _____

Parents must attend separate classes. No exceptions.

Class Date Requested : _____

Prefer Class in: _____ English _____ Spanish
(Spanish class offered on the third Saturday morning of each month.)

Payment Options:

You may pay by Cash or Credit/Debit Card.

Cash: You can make payment at our facility between the hours of 1-5 p.m.

Credit /Debit card: Pay over the phone, or online at cope-ccioregon.org. Cost is \$60 per person.

A trust fund has been established by a donor to provide low cost scholarships for **women only** on financial assistance. Call 503-581-9922, ext. 307 for more information.

Visa/MasterCard/Discover/American Express

Card #: _____

Exp. Date: _____ VIN # _____

Billing Zip Code _____
(if different from mailing address)