



ONE HEART  
TWO HOMES

# Co-Parenting Class

Presented by

**Alternatives Care Centers**



Are you a:

- Co-Parent
- Stepparent
- Grandparent
- Guardian
- Someone caring for a child in a divorced family



Join us for an exciting new class that will support you in your co-parenting process.

**Class begins**

**Wednesday, January 15**

Classes meet  
(1) time per week  
for 10 weeks.

**For More  
Information or to  
ENROLL TODAY:**

Call  
269.238.0240 x.303  
or email

[brittany@alternativesofkzoo.org](mailto:brittany@alternativesofkzoo.org)

 **Alternatives  
Care Centers**

Alternatives Care Centers  
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Kalamazoo, MI. 49006



### **Co-Parenting Topics Include:**

- **Creating Stability in a Single Parent Home**
- **Single Fathering/Single Mothering - Co-parent Communication**
- **Indicators of Healthy Co-parenting**
- **Learning a New Lingo for the Sake of the Children**
- **Co-parenting Meetings and Planning Agendas**
- **Handling the Handoff**
- **Understanding the “Heart of the Child”**
- **Parental Adjustment, Inter-parental Conflict**
- **The “Top 10 Things” That Kids of Divorce Wish They Could Say to their Parents!**
- **Dealing with Finances**
- **Understanding Abuse, Addiction and Abandonment**
- **Role of the Stepfather/Role of the Stepmother**
- **Understanding the Emerging Adult and How Co-parenting Impacts Kids after Age 18**
- **Graduation, College, Weddings and**
- **“Co-Grand Parenting” - Planning Ahead for Peace and Stability**