



Learn to make a peaceful transition from parents to coparents with this helpful course. Through this program you will learn how to:

- shield your children from parental conflict
- manage your anger
- negotiate peacefully with your child's other parent
- establish a positive, long-term relationship as "coparents"

***Detailed Learning Objectives:***

Child-Focused or Out of Focus: Making the Commitment to Caring

Neither Fight nor Take Flight: Managing My Own Anger

Plan for Peace or Tug of War: Allowing My Child to Love Both Parents

Defuse or Light the Fuse: Taking Control of Conflict

Letting Go or Holding On: Changing My Long-Term Role

All a Winner or Winner Take All: Negotiating Agreements

Make It Better or Keep It Bitter: Choosing My Personal Path

Cooperation or Conflict: Coparenting Is Forever

