

Looking for ways to improve your co-parenting situation?  
Make daily life easier for both you and your child!

# Nurturing Co-Parenting 101

*Learn skills and techniques for better co-parenting*

## **This FREE, one-session class can help you...**

- Build self-confidence as a co-parent
- Develop appropriate expectations for your children's growth and development and behavior
- Increase your ability to show empathy and sense of caring toward yourself and your children . . . even when you're under stress
- Learn to use positive discipline
- Learn helpful family roles
- Develop resilience and build a strong positive relationship with your children



*Nurturing Co-Parenting 101 is offered on the 3rd Tuesday of each month:*

**2021** Jun. 15 • Jul. 20 • Aug. 17 • Sep. 21 • Oct. 19 • Nov. 16 • Dec. 21

**2022** Jan. 18 • Feb. 15 • Mar. 15 • Apr. 19 • May 17 • Jun. 21

**FOR MORE INFO OR  
TO REGISTER, CALL  
937.299.LINK (5465)**

*Classes are held ONLINE  
9:30 a.m. to 12:00 noon*



Nurturing Co-Parenting 101 is presented by Catholic Social Services of the Miami Valley, and participation is FREE to all Montgomery County parents. Each participant will receive a free book to read with their child plus other helpful information and incentives!



*Classes are held ONLINE . . . Please register to receive the link to attend*