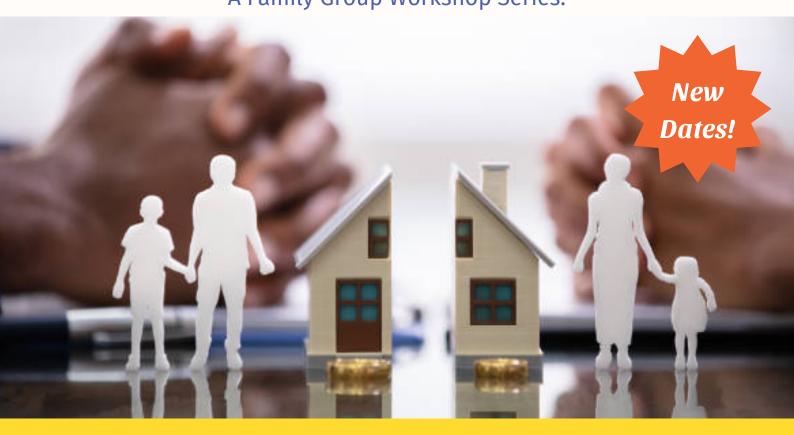
FAMILY CENTRE PRESENTS A Family Group Workshop Series:



CO-PARENTING & DIVORCE

Are you separated or divorced with children? Do you want to improve your co-parenting relationship?

Join us for our all-new parenting workshop series using the Two Families Now curriculum. In this five-week interactive series, we will learn how to effectively co-parent, discuss how to help children adjust during separation and divorce, learn strategies to reduce co-parenting conflict, learn co-parenting styles, and how to handle stress effectively.



To register and for more information, scan the code, visit <u>www.tfc.bm/family-groups</u> or call 232-1116.



This Family Centre Workshop Series is made possible by the generosity of our donors. **Donations of \$10 per family, per session to help with costs are appreciated, but not required.**

WORKSHOP INFO

Monday Nights

Group 1 Dates: March 4 - April 1, 2024

Group 2 Dates: April 8 - May 6, 2024

Time: 5:30 PM (Dinner served) 6:00-7:00 PM (Workshop)

Location: Family Centre Sunshine League House, 27 King Street, Pembroke

