



# Online Parenting Programs

## 12 Hour Online Co-Parenting Without Conflict

### Welcome

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### Intake Forms

- Court Case Information
- Demographic Information
- Relationship Information
- Pre-Class Assessment - Part I
- Pre-Class Assessment - Part II

### Your Supports

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### Unit 1: Understanding Difficult Break-Ups

- Before this Unit
- What You Will Learn
- Are You Stuck?
- Factor 1 - History
- Factor 2 - Balance
- Factor 3 - Issues and Values
- Your Adjustment to the Break-up
- Level of Conflict
- Types of High-Conflict Parenting - Review
- Your Path
- Legal Steps
- Legal Steps - Practice

- Your Legal Path
- Your Emotional Path
- Your Emotional Path - Practice
- Progress and Conflict
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Unit 2: Taking Care of You

- Before This Unit
- What You Will Learn
- Your Childhood Path
- The Childhood Path - Following the Family Stories
- Your Childhood
- Grief and Break-Ups
- The Grief Process - Step 1
- The Grief Process - Step 2
- The Grief Process - Step 3
- Resilience
- Belief Systems
- Connections and Working Together
- Communication and Solving Problems
- Resilience - Practice
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Unit 3: Taking Care of the Children

- Before This Unit
- What You Will Learn
- Children's Reactions to Break-ups and Conflict
- Children's Losses and Grief

- Children, Trauma, and Sensitive Periods - Part 1
- Children, Trauma, and Sensitive Periods - Part 2
- Helping Children Cope - Stress Management
- Helping Children Cope - Apologizing to Children
- Apologizing to Children - Practice
- Helping Children Cope - Build Resilience
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Unit 4: Co-Parenting Tools

- Before this Unit
- What You Will Learn
- Tools for Co-Parenting
- Tool #1: Building on Success
- Tool #2: Managing Conflict and Anger - Part 1
- Tool #2: Managing Conflict and Anger - Part 2
- Tool #3: Decision-Making - Part 1
- Tool #3: Decision-Making - Part 2
- Tool #4: Finding Safety
- Tool #5: Communication (Part 1)
- Tool #5: Communication (Part 2)
- Tool #5: Communication (Part 3)
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Unit 5: Moving Ahead

- Before This Unit
- What You Will Learn
- Balance in Planning
- Your Values

- Find Balance
- Planning to Share Children
- Living In Multiple Homes
- Making Changes - Part 1
- Making Changes - Part 2
- Building Your Plan - Part 1
- Building Your Plan - Part 2
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Survey

- Post-Class Assessment - Part I
- Post-Class Assessment - Part II
- Post-Class Assessment - Part III
- Feedback on This Class

### Final Exam

- Final Exam

### Completion

- Completion