

**LINN COUNTY PARENT EDUCATION  
CHILDREN & DIVORCE  
REQUIRED CLASS**

**(Certificates of attendance will be provided after completion of class)**

Many divorcing and separating parents experience a dilemma. At the time their children are in most need of them they are least emotionally available. Co-parenting classes help parents focus on the needs of their children during and after a divorce or separation. Parents will receive help in separating spousal issues from parenting issues.

**Topics include:**

- Common mistakes parents make
- How children react to conflict at different ages
- Active listening and other strategies to help children cope
- Identify problem behaviors/find resources
- Give parents strategies for better co-parenting
- Grieving the loss and moving on

Location:  
Linn County Courthouse  
Basement Level  
300 SW 4<sup>th</sup> Avenue  
Albany, OR 97321

**For dates and times, call the Mediation Coordinator at (541) 967-3952.**

**There is no fee for the Linn County Parent Education Class.**