



THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

A Program of Children's Aid and Family Services

Children In Between

A Co-Parenting Program for Divorcing and Separated Parents

What is Children in Between?

This skill-based program helps parents learn skills to support their children during divorce or separation. As parents confront the challenges of divorce, they may use their children to manipulate and/or control each other around a variety of personal, social, and financial issues. These tactics increase the stress and anxiety typically experienced by their children and can increase their risk for behavior problems, depression, delinquency, substance use, teen pregnancy, school failure and dropout, and suicide.

What Will Parents Learn?

Parents will learn how to:

- Avoid putting children in the middle of their conflicts;
- Identify conflicts and how to avoid them;
- Improve communication skills;



How Does the Program Work?

Children in Between is a *free*, one-session, 4 hour program. The curriculum is delivered in a video and skills-based approach, allowing parents to walk away with actionable tools they can use to improve their interactions with their co-parents and their children. Each class is lead by a trained facilitator with a class size of no more than 15 participants. *Light refreshments are provided.*

There is one daytime (12:30-4:30) and one evening (5:30-9:30) class offered each month at our office, 22-08 Route 208S, in Fair Lawn.

Why Take the In-Person Class?

- It's *free*.
- Ability to connect with other parents
- Learn from other parents' experiences
- Gain support from people with similar struggles

How do I register?

To register or for more information contact:
Chanel Dupree
(201) 740-7069