AGENDA: Columbia County Parents Forever Classes

2 Sessions X 2 Hours each

***Session 1 Outline (2 hours)***

Introduction of facilitator & Logistics (5 min.)

Overview of class (5 min.)

Introductions of participants (10 min.)

 -smiley faces w/ name/age of children

Voices of the children (15 min.)

 -SMILE dvd

The journey through family transition (5 min.)

 -concept of family transition using graph –have graph on poster board

What affect’s a child’s adjustment to divorce? (10 min.)

 -go through the 6 stressors and protective factors

 -think/talk about which apply to their situations

Grief & loss in divorce (15 min.)

 -talk briefly through the differences between divorce/death and the idea of ambiguous loss (dvd clip?)

 -worksheet: what has been lost/stays the same/has been gained in my child’s life through this divorce?

Psychological tasks for children experiencing divorce (15 min.)

 -go through the tasks and how they intersect with grief/loss

What children need from their parents as they grow (15 min.)

 -have people group by age of child/ren (choose one age range if more than one child) for discussion

Divorce through your child’s eyes (10 min.)

 -thought bubble card activity (put the “What your child may think” statements on a card made to look like a thought bubble – have participants draw a card and choose one that they read aloud – invite responses of “what the child needs to hear”)

Emotion coaching (5 min.)

 -provide brief overview – maybe read the role plays to contrast the versions?

What my child needs homework sheet (adapted version of the one found in curriculum) (5 min.)

One thing from today’s session that sticks in your mind (5 min.)

***Session 2 Outline (2 hours)***

Check-in (5 min.)

Review homework (10 min.)

Games parents play (20 min.)

 -working with or against the other parent

 -games (dvd)

 -abandonment

 -alienation

Communication skills (15 min.)

 -I messages

 -a few words about active listening

Building your co-parenting relationships (20 min.)

 -four approaches to co-parenting relationships

 -co-parenting is your business

 -something that helps them get at “what is your approach?”

Parenting styles (15 min.)

 -overview of styles – self-identification of style?

 -what happens when you and the other parent have two different styles?

Parenting plans (15 min.)

 -go through the why and how of parenting plans

Bev Doll activity: How do you want your children to look back on this part of their life? (15 min.)

Wrap-up (5 min.)