



# COOPERATIVE COPARENTING

## through Separation or Divorce™



Nancy Gutierrez, AMFT  
Ashly Palomares, MSW

### Shielding Your Child from Conflict

A Video and Discussion Program for Coparents

*Cooperative Coparenting* has helped many families shield their children from the conflict that often accompanies separation or divorce. This program contains concepts, skills, and exercises that will help you create a healthy environment for your children while establishing a positive, long-term relationship with the other parent.

Learn powerful ways to communicate cooperatively, make co-parenting decisions in the best interest of your children, and avoid the destructive effects that separation or divorce can have on a family.

### HERE'S WHAT YOU'LL BE LEARNING:

- **Loyalty conflicts and how to keep your child out of the middle**
- **Peaceful negotiation instead of escalating power struggles**
- **Business-like communication skills**
- **Managing anger (your own and other parent's)**
- **How to deal successfully with financial issues**
- **...and a lot more!**



**Sign up today!**



**In-person Parenting Class series**  
**Wednesdays**  
**5:00 pm to 7:00 pm**  
**February 21 to April 17**

**FREE**

**Family Welcome Enrollment Center, 2nd floor**  
**2336 Plaza del Amo**  
**Torrance, CA 90501**

