

### **Call Us For Help**

If you know a child that is struggling with mental health or behavioral issues, call us at 1-800-634-2560.

# **OUR MISSION**

We strengthen families and transform lives.



Strengthening Families - Transforming Lives

www.FSNWPA.org



Strengthening Families · Transforming Lives

## **Office Locations**

### **Erie County Office**

5100 Peach Street Erie, Pennsylvania 16509 Phone: 814.866.4500

Fax: 814.864.2677

### **Downtown Erie Office**

240 West 11<sup>th</sup> Street, Suite 402 Erie, Pennsylvania 16501 Phone: 814.871.0903

### **Crawford County Office**

18360 Technology Drive, Suite 200 Meadville, Pennsylvania 16335 Phone: 814.724.4800

Fax: 814.724.5181

### **Mercer County Office**

7 West State Street, Suite 208 Sharon, Pennsylvania 16146 Phone: 724.704.7227

Fax: 724.704.7224

Family Services of NW PA is a proud member of





Big Brothers Big Sisters.

Contributions to Family Services of NW PA are Tax Deductible.

Make a donation at www.FSNWPA.org/donate

# CHILDREN COPE WITH DIVORCE, CUSTODY AND/OR VISITATION



**Erie County** 814.866.4500



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## CHILDREN COPE WITH DIVORCE, CUSTODY, AND/OR VISITATION

at Family Services of NW PA

Helping Your Children Cope With Divorce,
Custody, and/or Visitation is a four-hour parent/
caregiver training that provides information
about helping children adjust to the changes
associated with the divorce or separation of
their parents and other family transitions.

Divorce and other family transitions can often be painful for the entire family. Children are often caught in the middle of their parents' uncoupling and, as a result, they can feel powerless, rejected, humiliated, or unloved.

This is a time when family roles are redefined. Even though they are no longer a couple, parents must find ways to continue their roles as a mother and a father to their children.

### The Parent Seminar:

This parent seminar is designed to help minimize the negative impact of divorce, custody issues, or other family transitions on children.

Topics include the divorce process, emotional reactions, co-parenting strategies, and guidelines for helping children adjust.

### **Pre-Registration:**

You must pre-register for the class even if you have already been given a class date.

Classes are now being held online. To register and pay online, visit www.FSNWPA.org and click the Events button in the top right corner. Upon registration, you will receive an email with all class materials and a link to access the seminar.

To pay check or money order, complete and mail the registration form, along with your payment of **\$100.00 per person**, to Family Services of NW PA, 5100 Peach Street, Erie, PA 16509.

PLEASE DO NOT SEND CASH. Checks and money orders should be made payable to Family Services of NW PA. Participants paying by check will not be issued Verification of Attendance until the check has cleared the financial institution.

After completing the requirements of the class, a certificate will be presented to you, and your attendance will be confirmed with the Court.

Everyone attending the online class must be registered and pay the class fee.

### Did You Know?

- More than one million children are affected by divorce or family separations each year.
- 70% of uncoupling parents fail to build a cooperative relationship, which is so crucial to their children.
- Children of uncoupling parents are two to three times as likely to suffer emotional or behavioral problems.

### **Program Outcomes:**

Participating parents completed a survey at the end of each class. Recent participants indicated:

- **90%** felt their knowledge about families and the ending of a relationship was increased.
- 97% would recommend the seminar to others and reported they will change their behavior as a result of what they learned.
- 98% found the seminar to be helpful.

## Sign Up Today!

Visit www.FSNWPA.org to register and pay online.

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