



# Helping Kids Cope

A co-parenting workshop  
developed to minimize stress  
and insecurity in children.

**Helping Kids Cope** is a one-time co-parenting workshop designed to teach parents how to minimize the negative and potentially long-term effects of parental separation or divorce on their children and how to develop the skills needed to form a workable, co-parenting relationship.

**The focus of Helping Kids Cope is to help educate co-parents on:**

- Combating the possible negative effects of parental separation on children
- Improving strategies and techniques to foster a child's healthy development through the family transition
- Communicating in a positive and healthy manner
- Minimizing the stress of separation on the family

**Helping Kids Cope benefits include:**

- Viewing parental separation or divorce from a child's point-of-view
- Recognizing possible self-destructive behaviors in children
- Learning the importance of creating a positive post-transition relationship
- Providing a safe and nurturing home environment for children

Please contact (714) 543-4333 for information, registration, and program dates.

**Workshop Information:**

Time: 8:00 a.m. – 12:00 p.m.

Cost: \$60 per person, plus \$15 workbook fee

Website: [www.BrightFutures4Kids.org](http://www.BrightFutures4Kids.org)

Location: Child Abuse Prevention Center  
500 S. Main Street, Suite 1100, Orange, CA 92868  
(At the corner of La Veta and Main)

