



## FREE SEMINARS FOR PARENTS

### Parenting After Separation (PAS)

This free 6 hour workshop can help separating and divorcing parents to understand how they can meet their child's needs, as well as learn about the emotional, financial and legal implications of parenting apart.

To register [click here](#).

Parenting After Separation is also now available to take online. For more information [click here](#).

### Parenting After Separation for Families in High Conflict (PASHC)

This free 3 hour workshop is available to separating or divorcing parents who are experiencing more intense or longer-lasting conflict. It is for those who have already completed the 6 hour Parenting After Separation course. The objectives of this workshop are to help parents learn about how to negotiate boundaries, manage conflict, understand child development and meet the needs of their children during this difficult time.

To register [click here](#).

### Focus on Communication in Separation (FOCIS)

Learn to communicate with the other parent for your children's sake. This is a free 6 hour workshop for parents who are parenting while living apart. Parents attend separate sessions.

This seminar will teach you about the impact of conflict on children and the importance of listening. As well, you will learn about conflict, conflict styles and conflict cycles.

To register [click here](#).