



H.O.P.E. Class Expectations

DOs:

1. Arrive at the class on time and remain for the entire class.
2. Participate in class activities and discussions without sharing details about your situation (*see the list of DONT'S below*)
3. Focus on your child while you are learning new behaviors.
4. Accept responsibility for your own actions.
5. Be respectful to other participants, guest speakers, and class facilitators
6. Demonstrate control over your impulses.
7. **Maintain confidentiality at all times.** By signing below, you agree not to share information/opinions of other participants that you hear during H.O.P.E. sessions with anyone outside the session, including the court and especially including your child.

DON'Ts:

1. If your spouse is attending the same class, don't plan to sit beside one another. This will allow you to participate with greater comfort. We prepare a seating chart that makes it easy to meet this expectation.
2. Don't discuss your child's other parent before, during, or after the class.
3. Don't discuss your divorce or your co-parent during the class.
4. Don't focus on past marital issues. Stay focused on your child.
5. Don't bring any court documents to the class.
6. Don't attempt to convince the facilitators, guest speakers or other parents to take sides with you against your co-parent. Details of your personal situation should not be discussed.

In order to receive your Certificate of Completion, you must:

- Meet your financial obligation ***prior to the start*** of the first class if you pre-pay in full; or ***prior to the start*** of each class if you choose to pay-as-you-go.
- Attend **and participate in all five H.O.P.E. classes** scheduled for this session.
- Show appropriate and ***respectful behavior***. Inappropriate behavior may result in dismissal from the program.
- Adhere to all seminar guidelines, expectations, and requirements, including homework assignments.

I understand and will comply with the H.O.P.E. expectations and guidelines provided on the front and back of this page.

Parent's signature

DATE

Parent's printed name

H.O.P.E. FAQs . . . Frequently Asked Questions

What is the primary goal of the H.O.P.E. classes? To reduce the negative impact of divorce conflict on children and parents by helping parents learn healthy skills for more positive co-parenting relationships.

What should I wear? Appropriate casual attire. Shirts and shoes are required. No suggestive clothing or sunglasses. Come prepared to learn and engage in meaningful reflection.

Will food or beverages be provided? We will provide coffee and water, as well as light snacks during breaks. You may bring your own non-alcoholic drinks to class, but NO outside food is allowed.

May I bring my child to the classes? No, and childcare is not provided.

May I bring my significant other or a support person to the classes? No.

Will I need to interact with my child's other parent? No. You will not be in the same small discussion group, and all co-parents are asked to refrain from direct interaction—including the exchange of information about your child-- unless a group leader is present.

What if I'm worried about problems in the parking lot? Moms and Dads will be dismissed separately. All participants are expected to leave the parking area without interacting with their child's other parent.

Are the H.O.P.E. classes confidential? Yes. Participants are expected to keep confidential any personal information learned in class about other participants and to agree not to use any new information (expressed orally or in writing) against another participant in any legal proceedings without the written consent of the parent(s) involved, the group leaders and, if involved, the guest speaker.

In addition, any written or spoken information received by the H.O.P.E. leaders shall be considered confidential and the parties agree not to subpoena any H.O.P.E. leader, any documentation and/or other information that is learned through the H.O.P.E. classes. An exception to the above sentence is that the H.O.P.E. leaders are mandated reporters and will report information that comes to their attention as required by law. Also, the Court and/or person who referred you to H.O.P.E. will be notified if you drop out of, or are dismissed from, the classes.

What if I want to take other legal action against my children's other parent while attending H.O.P.E. classes? Because H.O.P.E. classes are developed to reduce conflict and the reliance on the Court to resolve problems, participants agree not take any legal action against their co-parent throughout the duration of the session (all 5 classes) unless immediate action is required to protect their child from new abuse, neglect and/or other significant health, safety, or well-being issues.

Do the classes include counseling or therapy? No. Problems that require therapy will not be addressed during the H.O.P.E. classes. Please seek professional therapy if needed.

How will I prove to the Court or the person/agency that referred me to the H.O.P.E. classes that I have completed them as ordered? Upon completion of all five H.O.P.E. classes in the session, you will be given a Certificate of Completion. In addition, a letter regarding your completion will be provided to the court or other referral source. Recommendations for future services may be included.

May I get a refund if I cannot attend all sessions? No. Neither full nor partial refunds are available. The fee paid may not be applied to future classes unless approval is obtained.