



## **H.O.P.E. Class Expectations (Virtual Participation)**

### **DOs:**

1. Follow these expectations (including the FAQs on the reverse side) for each class of the H.O.P.E. session.
2. Join the Zoom call for each class early enough to make any technical adjustments.
3. Leave your video on and remain present for the entire class.
4. Participate in all class activities and discussions, and complete all assigned homework.
5. Focus on your child while you are learning new behaviors.
6. Accept responsibility for your own actions.
7. Be respectful to other participants, guest speakers, and class facilitators
8. Demonstrate control over your emotions and impulses.
9. **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. classes with anyone outside the class, including the court and especially including your child.

### **DON'Ts:**

1. Don't drive or ride in a vehicle at any point during the virtual H.O.P.E. class.
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 and on the future.
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, and complete/submit all required assignments by their due dates.
- Show appropriate and *respectful behavior*. Inappropriate behavior may result in dismissal from the program.
- Adhere to all course 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?** Even though the course is presented virtually, appropriate casual attire is required. Shirts are required. No PJs, suggestive clothing or beach attire (e.g., tank tops). No sunglasses. Come prepared to learn and engage in meaningful reflection.

**May I partake of food and drink during the class?** We understand that some participants may not have had a chance to eat prior to joining our virtual class, so feel free to eat if you are hungry (just stay muted, please).

**EXCEPTION:** Do not consume alcoholic beverages right before or during a H.O.P.E. class. Your ability to be fully engaged, at your best, and considering your child's needs will be greatly diminished, and you may end up like one overly-tired parent: face-planted on screen for the remainder of the class. Not only was this disrespectful to fellow participants, but the parent didn't get credit for that class, had to drop out, and had to start over from Class 1 in a new H.O.P.E. session.

**May I have my child around while I'm in class?** No, subject matter is not appropriate for children and we need your full attention. Please arrange to have no other responsibilities or interruptions during a H.O.P.E. class.

**May my significant other or a support person be present during the class?** No. These classes are **confidential** because you and other participants will be asked to share private information in our small group discussions.

**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.

**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 H.O.P.E. leaders is 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 H.O.P.E. classes. **EXCEPTIONS:** 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 H.O.P.E. 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. However, the fee paid *may* be applied to future classes if so approved by the Instructors.