

Healthy Opportunities for Parenting Effectively

HOPE consists of five online, interactive, skill-building, educational classes designed to reduce the negative impact of divorce or separation conflict on children by helping parents learn healthy habits for more positive co-parenting.

- * Understand your child's right and need to love both parents
- * Focus on your child's needs instead of your own desires
- * Recognize relationship transitions
- * Develop effective communication skills
- * Minimize conflict & manage emotions



Fees:

\$250/person if paid in full prior to the first class; or \$50 per class if you "pay as you go"

2023 Dates:

- ◆ Spring Session: Mar. 6 & 20, Apr. 3 & 17, May 1
- ◆ Summer Session: June 5 & 19, July 10 & 31, Aug 21
- ◆ Fall Session: Sept. 18, Oct. 2 & 16, Nov. 6 & 20

Attendance is mandatory at all 5 classes per session.

Time: 6:00 p.m. - meet together via Zoom for no more than 90 minutes, and then you will complete off-line class assignments at home, on your own.

Not appropriate for children.

www.kipcor.org/HOPE

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What participating parents are saying about the new, virtual version of HOPE:

"I liked the pacing, particularly after we had to 'go virtual.' And the staff did amazing at adapting the course to an online format."

"I LOVED that the classes were online."

"... did a great job at adapting the format of the course in the midst of a global pandemic."

"I'm glad entities like this exist and hope ALL parents will take all of this info. to heart and apply it."

"The program was much better and more helpful than I expected. I wouldn't change anything."

"It gave me the opportunity to hear other parents' struggles and know that I was not alone."

HOPE is a collaborative community program involving presentations by local judges, attorneys, and social workers, plus videos, short lectures and facilitated small group discussions.

This program is ideal for families with severe parental disagreements.



Register online at www.kipcor.org/HOPE

For questions, please call the Community Mediation Center at (316) 284-5880.