

## Cooperative Parenting Program

### Academic Plan as of spring 2025

#### **Program Description:**

Navigate parenting's toughest challenges including divorce and discipline. Specialized training can help you strengthen your family relationships, open channels of communication, and rediscover the positive side of parenting.

Participate in proven conflict resolution activities within a supportive group environment. The course provides practical approaches to help parents work cooperatively to successfully co-parent their children. Class sessions 1 & 8 are mandatory for successful completion of the course. Other mandatory attendance requirements will be covered on the first day of class.

#### **Program Learning Outcomes:**

By the end of the Cooperative Parenting Program, students will be able to:

- Reduce conflict between parents.
- Apply and increase positive interaction through effective non-confrontational communication skills.
- Implement conflict resolution skills and increasing compliance with parenting plan agreements.
- Identify the short and long-term consequences for children subject to parental conflict.

#### **Program Requirements:**

To earn credit for the Cooperative Parenting Program, you must successfully complete the required course Cooperative Parenting-Shielding Your Children From Conflict (PL6105) for a total of 16.0 contact hours (0 CEUs) with a minimum of 80% attendance. Class sessions 1 & 8 are mandatory.