

CO-PARENTING GROUP

The co-parenting group will help with communication, de-escalating conflict, problem solving, and more!



OCT 12	INTRO & SUPPORT SKILLS
OCT 19	COMMUNICATION
OCT 26	STRESS MANAGEMENT
NOV 2	DE-ESCALATING CONFLICT
NOV 9	PROBLEM SOLVING
NOV 16	ACCEPTANCE
NOV 23	FAMILY WELLBEING & SELF-CARE
NOV 30	LOOKING FORWARD
DEC 7	GRADUATION



YW Calgary (1715 17 Ave SE)

Thursdays

6 PM - 8 PM

This is a 9-week program for all parents and parental figures, including co-parents, single parents, grandparents, and more.

Meals will be provided, and childcare will be available, if needed.



Register today at
<https://forms.office.com/r/PRb3dyWASd>

For further questions please contact Darcy McRae at
Darcy.McRae@kindred.ca
or 403.629.5642

kindred

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Central Library (800 3 St. SE)



Tuesdays

6 PM - 8 PM

JAN 31

MARCH 14

FEB 7

MARCH 21

FEB 14

MARCH 28

FEB 28

APRIL 4

MARCH 7

APRIL 11 (Graduation)

Meals provided

All parent figures welcome whether co-parenting or single-parenting.

Childcare and parking support are available if required

If you are interested in participating, please contact Darcy at darcy.mcrae@kindred.ca or 403-629-5642. Please RSVP by Tuesday, January 24th to confirm your spots.

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