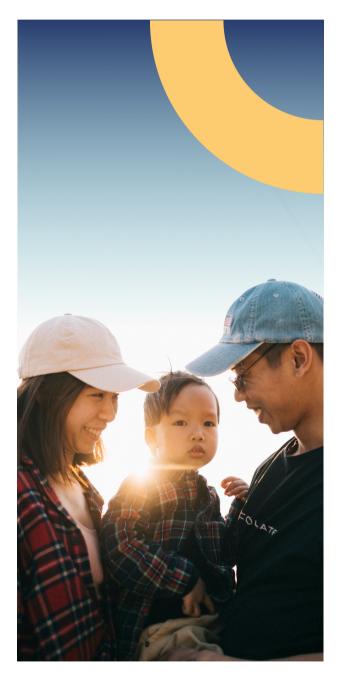
CO-PARENTING GROUP

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



kindred

| 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 <u>https://forms.office.com/r/</u> <u>PRb3dyWASd</u> For further questions please contact Darcy McRae at <u>Darcy.McRae@kindred.ca</u> or 403.629.5642

CO-PARENTING GROUP

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| Central Library (800 3 St. SE) | | |
|--------------------------------|-----------------------|--|
| Tuesdays | | |
| 6 PM - 8 P | M | |
| 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.

