

## Children Learn What They Live

If a child lives with criticism,  
He learns to condemn.

If a child lives with hostility,  
He learns to fight.

If a child lives with ridicule,  
He learns to be shy.

If a child lives with shame,  
He learns to feel guilty.

If a child lives with tolerance,  
He learns to be patient.

If a child lives with praise,  
He learns to appreciate.

If a child lives with fairness,  
He learns justice.

If a child lives with security,  
He learns to have faith.

## Northwest Family Services

Northwest Family Services, Inc. is a Youth Service Agency, established in Alva, Oklahoma in 1976 under sponsorship of a citizens group interested in meeting the needs of children and families in NW Oklahoma. The agency has grown continuously since its inception and now provides a wide variety of services.

NFS is incorporated as a non-profit, 501©3 agency. NFS has a Board of Directors who are representative of key institutions and community agencies in the service area. The Agency has developed a fiscally and professionally sound profile in the community of Alva and in Northwest Oklahoma. During critical family transitions NFS is here to provide the support you need.



"We're all in this together."

# Parenting Through Separation and Divorce



## 2017 Schedule

January 16 - Alva  
February 20 - Fairview  
March 20 - Cherokee  
April 17 - Alva  
May 22 - Fairview  
June 19 - Cherokee  
July 17 - Alva  
August 21 - Fairview  
September 18 - Cherokee  
October 16 - Alva  
November 20 - Fairview  
December 18 - Cherokee



620 Flynn St.  
Alva, OK 73717  
580-327-2900

[www.northwestfamily.net](http://www.northwestfamily.net)

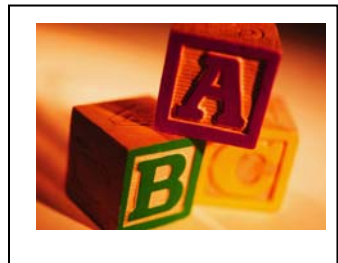


# Class Description

Parenting Through Separation and Divorce is a class designed at the request of the courts to help divorcing couples understand the problems their children may experience during and after a divorce and/or separation. This class will fulfill the blanket court order for all divorcing parents.

Material will be presented in a classroom format. Information includes skills for relating to divorce issues, children's responses to divorce, communication skills and guidelines for cooperative parenting. Participants will learn skills and guidelines for cooperative parenting.

Each class begins at 6:00 p.m. and concludes at 9:00 p.m., with hourly breaks. Certificates will also be presented as proof of completion. The course costs \$35.00 per person to be paid at time of class.



## Family Specific Topics

This class will teach parents ways to effectively communicate with their children. Parents will practice reflective listening skills, and will study various active communication techniques and non-verbal communication.

Parents will also practice workable negotiation styles for dealing with conflict and rules for effective expressions.

Recognizing and avoiding Pain Games is another topic of consideration. Parents will learn to recognize and cease games like I-Spy, Set-up and Wishbone, which are likely to hurt the children.

Class members will also discuss options for parenting; such as joint custody, mediation, and collaborative law.



Clip and return to :  
Northwest Family Services  
620 Flynn Street  
Alva, OK 73717  
Ph: 580-327-2900 Fax: 580-327-1337  
E-mail: [info@northwestfamily.net](mailto:info@northwestfamily.net)

Yes! Sign me up! I want to attend the Parenting Through Separation and Divorce Class.

Name: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_

Zip: \_\_\_\_\_

Date you want to attend the class:  
\_\_\_\_\_

