

What is *Parents Apart*[®]?

Parents Apart[®] is a workshop for parents who want to learn how to help their child(ren) cope during their separation and divorce.

The New York State Parent Education & Awareness Program of the New York State Unified Court System (see www.nycourts.gov/ip/parent-ed) certified and oversees *Parents Apart*[®]

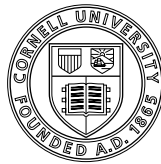
Parents may attend voluntarily or may be referred or ordered to attend by Family Court or the Supreme Court, Matrimonial Part. **Parents of the same child(ren) are placed in different workshops.**

Attendance requirements, concerns about safety or other special circumstances may be discussed with the *Parents Apart*[®] Program Coordinator, 607-272-2292 ext 243.

How can I register or get more information?

Complete the registration form in this brochure or call Cornell Cooperative Extension of Tompkins County (CCE-Tompkins), **607-272-2292 ext 243 to leave a voice message.** The registration process is confidential.

Information about *Parents Apart*[®] and other CCE-Tompkins parenting workshops (many provided at no cost) is also on www.ccetompkins.org



Cooperative Extension

Tompkins County

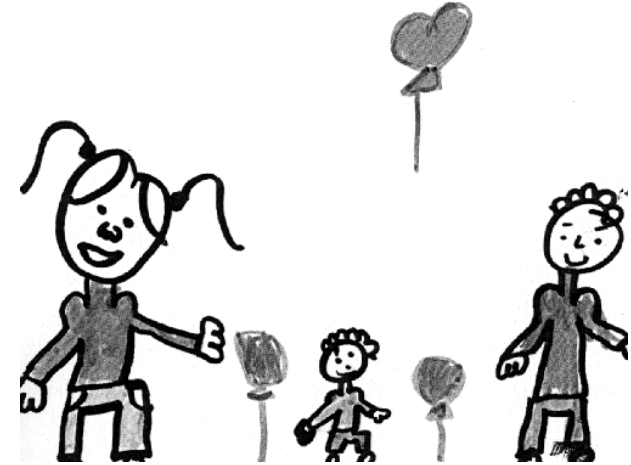
615 Willow Avenue
Ithaca, NY 14850-3555

272-2292

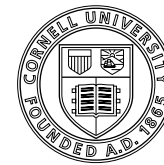
fax: 272-7088
tompkins@cornell.edu
www.ccetompkins.org

Cornell Cooperative Extension provides equal program and employment opportunities.

Parents Apart[®]



Parents helping
children cope
with separation
and divorce



Cooperative
Extension
Tompkins County

Who teaches the workshop?

Local psychologists, family therapists, social workers, lawyers and mediators present helpful information and resources for parents in an informal setting.

What is the workshop format?

The workshops meet for a total of 6 hours, either for two 3-hour weekday sessions (6pm-9pm) or for one Saturday session (9am-4pm with a 1-hour break).

Are materials provided?

Participants receive a parent handbook, local resource materials and a certificate of compliance.



What does the workshop cover?

Information on these topics is presented:

- How children react emotionally to their parents' separation and divorce.
- What parents can do to help their children adjust.
- How to keep children out of the middle of their parents' conflict
- How to parent well after separation and divorce.
- Skills for listening to children.
- Avoiding common pitfalls parents experience during separation and divorce.
- Understanding the mediation process.
- Understanding the legal process.
- Legal resources available to help families.

Where and when are workshops held?

Locations are in the Ithaca area and are confirmed by letter when a parent registers for the workshop. The insert in this brochure has the workshop schedule or check www.ccetompkins.org for dates.

Is childcare provided?

Parents Apart® does not provide childcare; the workshops are not suitable for children.

What is the cost for the program?

There is a \$40 registration fee to cover workshop expenses. The program is open to all regardless of ability to pay and the fee is waived for those whose income is within the federal poverty guidelines.