

Children in the Middle

Divorce Education for Parents



\$75 per person ~ Participants must attend both sessions

Location: Center for Kids & Family ~ 591 Lakehurst Rd ~ Toms River

Barnabas Health Institute for Prevention's **Children in the Middle** is an evidence-based divorce education program that teaches parents to identify and address the needs of children growing up between two homes. High conflict divorce increases the stress and anxiety typically experienced by children and can place children at risk for behavior problems, depression, delinquency, substance use, teen pregnancy, school failure and dropout, and suicide. In this course, parents gain tools to manage their conflict effectively and learn how to avoid putting their children in the middle of their personal, social and financial issues.

Parents who participate in **Children in the Middle** often experience an:

- Increase in cooperation and support from the other parent
- Decrease in stress experienced by their children
- Decrease in children's exposure to parental conflict
- Increase in parental communication

Registration is required.

Please RSVP to Michele Buldo, at mbuldo@barnabashealth.org or 732-886-4757, no later than January 25.