

# **Foundations of Co-Parenting – Adjusting to divorce; nurturing your kids in the first year and beyond**

**Dates: Three Tuesdays – 5/14, 5/21, 5/28 (must attend all 3)**

**Time: 5:00-7:00pm**

**Place: Media/Upper Providence Library Board Room**

**Cost: \$275 per person (some sliding scale spaces may be available)**

**Robin Greenberg LCSW LMFT and Anthony Moore MSS/LSW, M.Div  
At Building Bridges 36 & 42 E. Front St. Media PA 19063**

**Space is limited and registration is required.**

**Contact: [robingreenbergtherapy@gmail.com](mailto:robingreenbergtherapy@gmail.com)**

**In this 3-part interactive workshop, we will  
introduce foundational elements for creating child-centered  
co-parenting relationships, including;**

- .Healthy coping strategies as you adjust to living and parenting separately**
- .What children need from their parents as they transition to living in two homes**
- .Practical tips for effective co-parent communication and decision-making**
- .Strategies for controlling conflict and keeping kids out of the middle.**

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FOR INFORMATION ABOUT OTHER  
PROGRAMS FOR FAMILIES EXPERIENCING  
DIVORCE, CONTACT  
[ROBINGREENBERGOTHERAPY@GMAIL.COM](mailto:ROBINGREENBERGOTHERAPY@GMAIL.COM)

