

*“The program changed our lives. It gave us all a new direction...one of hope and healing. I see too many people oozing with anger...I don't want to go there anymore.” -MOTHER*

## What Is The Program About?

***Parenting After Separation or Divorce~ Helping Children Adjust*** is a program designed to educate divorcing or separating parents about the impact of their breakup on their children. The primary goal of the program is to teach parents ways they can reduce the stress of family changes and protect their children from the negative effects of ongoing parental conflict. This program is certified by the New York State Parent Education and Awareness Program of the Office of Court Administration of the State of New York.

## Who Are The Instructors?

The classes are conducted by qualified Cornell Cooperative Extension Educators in a classroom setting. Instructors will provide information through lecture, video, role-plays games, and group discussion.

## What Is The Program Format?

The program consists of a one-day class, or two sessions held one week apart. Classes are limited to 20 people. *You will not and cannot be placed in the same class as the other parent of your child(ren).*

## Are There Any Materials Provided?

Participants will be provided with a *Resource Manual and Handbook for Parents* which contains a compilation of programs where parents and children can find help and support, a list of helpful reading materials, and informative articles.

## Is There A Fee For The Program?

- A **non-refundable** fee of **\$60.00**, as indicated on the enrollment form, payable by check or money order, must be submitted with your enrollment. *Your confidential form and fee (if applicable) must be received by the county educator to be considered enrolled in a class series.*
- **Partial Scholarships** are available for those with limited funds and can be requested by checking (✓) the appropriate box on the enrollment form and providing the requested financial information. **A \$10.00 fee** (non-refundable) is required for materials and to hold a place in the class. You will be notified if you qualify for scholarship.

### Please note:

- There will be a \$25.00 fee for returned checks.
- Make check or money order payable to **CCE**.
- **Where to send enrollment form to register & payment:**  
Rensselaer Co: Call County Educator: @ 272-4210, Ext. 108  
Albany County: see Enrollment form for mailing instructions.

## Is This Program For Everyone?

***Parenting After Separation or Divorce may not be appropriate when domestic abuse is present.*** If you are involved with an abusive partner, call the Program Educator in the county you wish to attend classes for further information *before enrolling.*

## When And Where Are Classes Held?

Please refer to the confidential enrollment form insert for a listing of class dates, times, and general locations. When your enrollment form and fee are received, a letter will be sent **to you** with the specific location (class location sites are strictly confidential) and directions to the class along with a map and other pertinent information to confirm your registration.

*“It was such an excellent program. The message of healing and rebuilding a positive parenting relationship is so important...there will be two healthier children because of it.” -FATHER*

## Class Location: Downtown Albany

Ellen Cooper, Extension Educator  
Cornell Cooperative Extension  
Phone: 518-765-3500 / (Fax) 518-765-2490  
E mail: [eec7@cornell.edu](mailto:eec7@cornell.edu)  
Website: <http://www.ccealbany.com>

## Class Location: Downtown Troy

Tarasha Darden-McKoy, Extension Educator  
Cornell Cooperative Extension  
Phone: 518-272-4210 / (Fax) 518-272-1648  
E mail: [tld7@cornell.edu](mailto:tld7@cornell.edu)  
Website: <http://www.ccerensselaer.org>

## What Are The Attendance Requirements?

You must attend both classes in the same session, or the full day session, to receive a Certificate of Completion.

**If you were ordered to attend or referred by a judge:** when you attend all sessions and receive a certificate of completion, the judge will be given your name on a list we provide of those parents who received certificates of completion.

Registration begins a 1/2 hour before class. Classes start promptly, and parents more than fifteen minutes late will be denied admittance.

If you fail to attend a class for which you have registered, you need to submit a new registration, and will not be registered in another class until all new applicants have first been placed. **Children are not permitted to attend classes.**

# Parenting After Separation or Divorce

## *Helping Children Adjust*



Seven Hour Workshop for Parents

***Reducing the stress of a breakup on children...***

Presented by:



Cornell University  
Cooperative Extension

of  
**Albany and Rensselaer  
Counties**

For more information or to register,  
contact the educator in the county  
where you want to attend classes.

### Albany County—

Ellen Cooper

[eec7@cornell.edu](mailto:eec7@cornell.edu)

☎: 518-765-3500, Ext. 552

### Rensselaer County—

Tarasha Darden-McKoy

[tld7@cornell.edu](mailto:tld7@cornell.edu)

☎: 518-272-4210, Ext. 108



Cornell University  
Cooperative Extension

This brochure & enrollment form is online at:  
[www.ccealbany.com](http://www.ccealbany.com)

***“Building Strong and Vibrant New York Communities”***

Cornell Cooperative Extension in Albany County  
provides equal program and employment opportunities.

(Brochure and Enrollment form adapted from A.C.T. For the Children,  
Children's Institute, Inc., Rochester, NY)

This training aligns with the NYS Parent Education Providers  
Accepting Court-Referred Participants.

For parents wanting to promote a  
healthy adjustment for their children  
during separation and/or divorce...

### Come learn about:

- the emotional experience of separation and divorce for children
- what parents can do to help their children adjust
- how to keep kids out of the middle of parental conflict
- tools for parenting apart
- skills for listening to children
- avoiding common parental pitfalls
- understanding the legal process and its effects on children
- local resources available to help families

