



# Family Transitions Co-Parent Counseling

Families going through a separation/divorce, child custody proceedings or other family changes, will benefit from the Family Transitions Program. The program is designed to assist parents in building and maintaining a healthy co-parenting relationship, while providing strategies to manage conflicts, stressful situations, and challenging family dynamics.



## Discussion includes:

- Strategies for healthy communication between co-parents
- Conflict resolution techniques
- Talking to your children about changes in family dynamics
- Identifying “Parent Traps” that commonly occur during a separation or divorce
- How to help your child manage their emotions
- Personal coping strategies and self-care
- Relaxation strategies to help reduce stress and conflict
- How to balance Work, Family, and Play

To register or request more information, please call (925) 689 5811

**\*Please see individualized co-parenting counseling program information on Page 2**

## Individualized Co-Parent Counseling Information

<b>Price:</b>	Sessions are \$80 per 50-minute meeting. Payment must be collected prior to being scheduled with a C.O.P.E. clinician. Sliding scale available to those who qualify.
<b>Enrollment:</b>	To enroll into the program, both parents will need to complete an individual (separate) Intake assessment with a C.O.P.E. clinician to gather more information on family and co-parent dynamics. In compliance with HIPAA, both parents will need to connect with C.O.P.E. in order to proceed with services.
<b>Program Outline:</b>	The co-parent program ranges from approximately 8 to 16 sessions, depending on family need and clinician’s recommendations. A minimum of 8 sessions are required.
<b>Availability:</b>	Sessions are scheduled at the convenience of participants and clinician. We have morning, day-time and evening availability.
<b>Required Documents:</b>	We require a copy of the current court order for services for all clients participating in services at our agency. We require this documentation to be submitted to C.O.P.E. before scheduling any services. Documents may be emailed, faxed, or dropped off to the C.O.P.E. office.
<b>Reporting:</b>	C.O.P.E. provides status updates and progress reports for participants receiving services when an appropriate and complete Release of Information form is on file. Please be sure to complete this form in order to receive status updates.
<b>Termination of Services:</b>	Services may be terminated at any-time at the discretion of C.O.P.E. clinical and executive staff. Reasons for termination include, but are not limited to; <ol style="list-style-type: none"> <li>1. Excessive ‘no-shows’ to scheduled appointments</li> <li>2. Violation of agency policies such as Safety Policy or Drug-Free policy</li> <li>3. Services rendered are not appropriate to the needs of participant</li> </ol>