

# WHO CAN BENEFIT?

Co-parenting classes at DrinkWater Family Services are available for both voluntary participants and those mandated by the court.

These classes are intended for parents who are experiencing separation, divorce, or custody disputes and wish to improve their co-parenting skills. Participants will learn practical strategies to foster a healthier environment for their children.



Maintain clear and respectful communication with your co-parent to ensure consistency and support for your children.

At DrinkWater Family Services, we prioritize safety and education in our co-parenting classes. We enforce strict confidentiality to build trust among participants. Led by trained facilitators, our classes provide evidence-based education and practical tools, equipping parents with essential skills for effective co-parenting.

# WHY CO-PARENTING MATTERS...



## Essential for Child Development

Effective co-parenting is crucial for the healthy development of children, especially during family transitions like separation or divorce.



## Holistic Approach

Our program emphasizes cooperation, open communication, and constructive conflict resolution.



## Child-Centered Focus

We empower parents to prioritize their children's emotional and psychological needs.

## CONTACT US

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Lindenhurst, IL 60046

**DrinkWater**  
Family Services  
*Helping people in need*

# CO-PARENTING CLASSES



CALL FOR MORE INFO  
(224) 643-7469

# PROGRAM PHILOSOPHY

At DrinkWater Family Services, we are committed to fostering healthy co-parenting relationships during family transitions such as separation or divorce. Our program is built on a holistic framework that prioritizes cooperation, open communication, and constructive conflict resolution. Through education and support, we empower parents to work together in the best interests of their children, ensuring their emotional and psychological well-being remains the top priority.



## Expert-Led Sessions

Led by trained facilitators, we offer evidence-based education and practical tools to enhance your co-parenting skills.

# PROGRAM SCHEDULE

Our program schedule is designed to accommodate busy parents. Intake assessments are conducted on Monday and Tuesday afternoons, with additional availability upon request. The Orientation Workshop is held on Tuesdays, with evening options also available upon request.



Address disagreements calmly and constructively, setting a positive example for your children.

Weekly group sessions are offered on evenings and weekends to fit your schedule. All services are confidential and provided in English. Childcare is available upon request to support your participation.

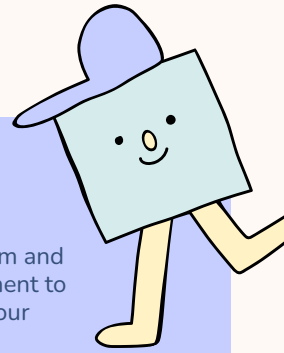
## START HERE

### EVALUATE YOUR NEEDS

Decide if co-parenting classes are the right fit for you by considering your communication challenges and goals for healthier family dynamics.

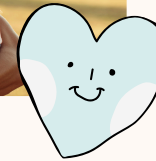
### APPLY FOR ENROLLMENT

Fill out our Intake Form and complete an Assessment to help us understand your unique situation.



### IMPLEMENT YOUR LEARNING

Apply the communication and conflict resolution skills in real-life situations with your co-parent and children.



### ATTEND ORIENTATION

Join our Program Orientation to get an overview of what to expect and meet our facilitators.

### CELEBRATE YOUR PROGRESS

You did it! You're on a journey of building healthier family relationships and creating a supportive environment for your children.

### PARTICIPATE IN WEEKLY SESSIONS

Attend 8 weekly group sessions where you'll engage in hands-on role-play and learn practical strategies.