

 **CHANNELS Of Understanding****A Course in Conflict Management and Co-Parenting**

Through this course, participants are taught to handle conflict with integrity. The focus is on establishing new patterns of behavior, increasing goodwill, and working together toward the best interests of the children.

“Peace cannot be kept by force, it can only be achieved by understanding.”
-Albert Einstein

Course Details

This is an 8-week course located in Pasadena. Certificate will be provided following complete attendance. **WHEN:** Mondays, 4:30-6:30pm **COST:** \$400.00 per person (2008 price)
ENROLLMENT: Requires \$100.00 non-refundable deposit, which will be applied to course fee. Enrollment packet will be sent as we approach the beginning date of your course. Enrollment is limited. **WHO:** Parents mandated by the court system or parents who wish to do a better job of co-parenting from separate households. **INCLUDED:** Workbook, snacks and your certificate.

To Register: Go to www.aronsohntherapy.com/channels.htm. Click on “Registration/Information” to download 2 pages. Read, sign and send to the address below with your deposit and you will be enrolled onto the waiting list for the next class. Or, call us to have a brochure and the Registration/Information mailed to you. MasterCard and Visa are accepted.

Topics Include:

1. Communication skills and techniques
2. Child-rearing in a co-parenting environment
3. Anger awareness and management
4. Keeping children out of the middle
5. Increasing positive, appropriate parenting and co-parenting behaviors
6. Preparing to face conflict
7. Negotiating conflict appropriately
8. Reducing and managing stress

The course is a combination of teaching and participation, with opportunities to practice skills.

Developers and presenters:

Su Brennan, BS, CPE, and Mary Ann Aronsohn, MA, LMFT, are both parent educators with Los Angeles Family Courts, and have been trained in mediating disputes between divorcing and separating parents under David Kuroda, LCSW and divorce mediator (2001). They have taught CHANNELS classes since 2001.

For more information, contact us: Mary Ann Aronsohn, (626) 441-5131; Su Brennan: (800)-913-9575. Address: CHANNELS Of Understanding: 1910 Huntington Drive, South Pasadena, CA, 91030-4812. www.aronsohntherapy.com/channels.htm.