

commitment to
excellence

Get these and other questions answered

- What if co-parents cannot agree on how to raise their children?
- How does trauma from divorce, domestic violence, or abuse affect children?
- How do I get my child to take responsibility?
- How can I get my children to tell me what is bothering them?
- How can I have a peaceful home?
- How do I keep my child safe?

Our child welfare, counseling, and shelter programs are accredited by CARF International, assuring the more than 2,500 businesses, individuals, and organizations who contributed to our work last year of our commitment to clinical, administrative, and fiscal excellence.



Main Office

3785 Veterans Drive
Traverse City, MI 49684
231-946-8975
231-946-0451 (fax)

Pete's Place Youth Shelter

2943 N. Keystone Road
Traverse City, MI 49686
231-922-4800
800-442-7315 (toll free, 24/7)



Harbor Springs

3434 M-119, Suite F
Harbor Springs, MI 49740
231-347-4463
231-347-8823(fax)

Gaylord

200 Sides Drive
Gaylord, MI 49735
989-448-8344

FIND US

online: cfsnwm.org
Facebook: [@cfsnwm](https://www.facebook.com/cfsnwm)
Instagram: [#cfsnwm](https://www.instagram.com/cfsnwm)
email: cfs@cfs3L.org

Always a Parent

Co-Parenting & Parenting Skills Class



Child &
Family
Services



of Northwestern Michigan



Parenting in real time

This class is designed for anyone parenting in any form, including separated parents, single parents, grandparents raising children, and couples who are together. It is an all-encompassing parenting class that covers conception to adulthood with a heavy emphasis on co-parenting, and childhood trauma.

There is enough material that we will be able to tailor the class to meet the needs of those attending each session by taking a survey at the very beginning of class. This will determine where people are in their parenting journey, what their co-parenting relationship looks like, and the age of their children.

“

“The Always a Parent program showed me that I can’t let my bad feelings get in the way of taking care of my kids. Thank you for having this program.”

- Marc ”

Class topics include:

- How to co-parent successfully
- How to discipline with love
- How parental behaviors impact children
- How the brain works when we’re feeling big emotions
- Helping your children (and yourself!) deal with feelings
- How to communicate when you or your child are feeling emotional
- How to understand how your child thinks
- How to effectively communicate with your children and your co-parent
- Raising a child to be a responsible person
- Understanding the power of trauma and how it impacts parents and children
- The importance of family meetings and how to have them
- Different parenting styles



What to expect from Always a Parent

- Class meets twice during a two-week period, totalling eight hours in person or six hours on Zoom
- Classes offered via Zoom or at Child and Family Services in Traverse City
- \$100 fee includes all sessions, a packet of more than two dozen handouts, and a certificate of completion (issued upon successful course completion).

To register or for more information:
Contact Karen McCarthy, MA, LLPC at kmccarthy@cfs3L.org or call 231-715-1166

