



Connecting fathers and children



MASSACHUSETTS
GENERAL HOSPITAL

Divorcing Dads: From Disruption to Connection

A Parenting Class Designed Specifically for Divorcing Fathers

OVERVIEW

We know that *it is possible* for all members of a family to emerge from divorce with healthy co-parenting and fathering relationships. *Divorcing Dads: From Disruption to Connection* is designed to address the emotional and practical aspects of fathering through all stages of divorce. In an interactive group setting for fathers-only, participants will:

- Gain skills necessary for relating to your children during and after divorce.
- Learn strategies for minimizing conflict with your former spouse or partner.
- Demonstrate your commitment to being the best possible father to your children.
- Discover insights from other fathers' stories and circumstances similar to your own.

TOPICS

Divorcing Dads: From Disruption to Connection is a research-based program that teaches skills and addresses issues in greater depth than the traditionally mandated 2-hour class. The overall goal is to increase your sense of confidence and competence as a father and help you meet the challenges of parenting through a difficult time. Each session is 90-minutes and addresses the following topics:

Week 1

Welcome and Overview:
Issues and Dilemmas in Divorce

Week 5

Emotional Engagement With Your Kids:
Attachment and Intimate Connections

Week 2

Being the Father Your Children Need:
Your Father's Legacy, Your Vision

Week 6

Co-Parenting During and After Divorce:
Defining "In the best interest of the child?"

Week 3

Life After Divorce:
Routines, Activities, and New Relationships

Week 7

Co-Parenting and Conflict Resolution:
Staying Calm & Mastering Your Emotions

Week 4

Positive Discipline:
Empathize, Collaborate, and Problem-Solve

Week 8

Putting It All Together:
Living Your Vision & Role Modeling Forever

TO SIGN-UP OR LEARN MORE, PLEASE CALL:

DR. RAY LEVY (617) 724-0806

PROGRAM STATEMENT

Our program's focus is the development of fathering skills that serve all members of the family, including estranged spouses/partners. During the time of divorce, spouses/partners may have powerful emotions about one another. This class is intended to promote positive interactions and address the emotional and practical requirements of parenting.