**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 2**  Being the Father Your Children Need: Your Father’s Legacy, Your Vision
- **Week 3**  Life After Divorce: Routines, Activities, and New Relationships
- **Week 4**  Positive Discipline: Empathize, Collaborate, and Problem-Solve
- **Week 5**  Emotional Engagement With Your Kids: Attachment and Intimate Connections
- **Week 6**  Co-Parenting During and After Divorce: Defining “In the best interest of the child?”
- **Week 7**  Co-Parenting and Conflict Resolution: Staying Calm & Mastering Your Emotions
- **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.