

Co-Parenting, 3 months

- Free initial consultation (approx. 30 minutes)
- Twelve (12) one-hour weekly sessions (may be combined if desired)
- Create a stable home for your kids
- Learn what it means to be a healthy co-parent
- Understand the categories of co-parenting and how this can affect your approach with your former spouse
- Increase positive co-parenting communication
- Parallel parenting with the difficult parent
- Strategies for dealing with a narcissist
- Handling the handoff, holidays, weddings, and co-grandparenting
- Workbook
- Email support for duration of the coaching

Co-Parenting Package is \$499 upfront or three monthly installments of \$175