

PARENTING WITHOUT CONFLICT  
What is Parenting without Conflict?

The Parenting Without Conflict Program is a free educational program which assists parents who are in high conflict to understand the effects of parental conflict upon their children. Parents learn the benefits of cooperative parenting, conflict resolution, problem-solving, and communication skills.

The program consists of six (6) consecutive sessions from 3:30 p.m. to 6:30 p.m. At the conclusion of the six sessions, a follow-up mediation session is available and may be required for each parenting partner.

PROGRAM FORMAT

Through a group format, the program incorporates lectures, skill development, small group discussions, parental interaction, and practice sessions to apply newly developed conflict resolution skills.

By design, the groups are small in order to maximize the ability of the facilitator to solicit and coordinate the participation of every member of the group. This format allows the participants to support and respond to the issues raised within the group. In this setting, the participants frequently develop a sense of connection to each other and a level of empathy for the problems experienced by other group members. At the same time, the group is large enough to explore a range of different circumstances and experiences.

Each participant in the small group format is asked at the beginning of the program to sign a confidentiality statement. In order for free, spontaneous, and uninhibited expression of opinions and feelings, confidentiality must be assured. Parents must understand that information shared during the sessions should not be shared with children, nor used by one parent against the other parent.

## DOMESTIC VIOLENCE

There are situations where joint attendance is not feasible or appropriate, such as cases where parents have restraining orders and a history of domestic violence, substance abuse, or mental illness.

There are also parents who refuse to attend the sessions with the other parent or who simply do not comply with the court order.

Under these circumstances, parents will be assigned into a larger group of 3, three-hour sessions which consists primarily of lectures with limited small group exercises. While the educational materials are similar to those offered in the small groups, the parents in the large group will not have the benefit of interacting directly with each other and practicing what they have learned.

If both parents are registered in the program, the decision as to whether the parents will be assigned to a large group or a small group is made after a telephone assessment with each parent is conducted by a Family Court Services Counselor.

### WHERE IS THE PROGRAM HELD?

The majority of classes are held on **Tuesdays** at the **Stanley Mosk Courthouse (SMC), at 111 N. Hill Street, Los Angeles**. (Refer to schedule.) However, we also conduct the following sessions:

1. **Wednesdays** at 111 N. Hill Street, Los Angeles from **3:30-6:30 p.m.** on the day following the regular Tuesday group.
2. **Tuesdays** in Van Nuys at 14400 Delano Street, Van Nuys. **Please note class hours (in Van Nuys only) are from 1:45-4:15 p.m.** Class dates are the same as the regular Tuesday sessions.

**Note:** *Both parents must agree to attend the above alternate sessions together. Make your preference for one of the locations known at the time of registration. Space in the alternate classes above is extremely limited.*

3. Classes for **Spanish-speaking** clients are held on Tuesdays from **3:30-6:30 p.m.** at 111 N. Hill Street, Los Angeles. (Refer to schedule.)

Admission is not guaranteed and is solely dependent upon space availability. Your enrollment will be confirmed by letter approximately 2 weeks prior to the class. **Please read your letter carefully for the correct dates and times.** Days and times of the classes are subject to change.

### HOW DO I REGISTER?

Enrollment forms are available in all Family Law Courtrooms from the Court Clerk. Please complete the form and return it to the Clerk before leaving the courtroom.

For further information about the program, call the Family Court Services Mediation Office 213-974-5524. ("To bypass the message, select number 3")

### FEEES

**The program is free of charge and free parking is provided.**

### PROGRAM GOALS

#### *To Help Parents:*

- Understand their children's reaction to divorce and separation at each developmental stage.
- Understand how conflict between parents negatively impacts their children.
- Develop techniques for successful communication and co-parenting skills.
- Practice and model conflict resolution skills.

## WHO IS ELIGIBLE?

- Parents who repeatedly litigate their child custody and visitation issues.
- Parents who do not have a restraining order or long history of domestic violence.
- Parents who do not have a history of significant mental illness.
- Parents who do not have a current and significant substance abuse issue.

**Note:** All participants must be court-ordered. Both parents must attend the same classes. Only parents are allowed to attend the program. No stepparents or other extended family members will be included.

## WHAT PARTICIPANTS LEARN

- Impact of divorce/separation on children.
- Children's reaction to divorce/separation at each developmental stage.
- Impact of post divorce/separation conflict on children.
- Long term impact of children who are caught in loyalty conflicts.
- Legal divorce: Best interests presumption, definition of legal and physical custody.
- Emotional divorce: Redefining relationships and roles as parents.
- Stages of grief and the process of "letting go."
- Creating a businesslike relationship.
- Qualities of a successful co-parenting relationship.
- Standards of conduct for a working relationship.
- Ground rules for parental cooperation.
- Effective communication.
- Understanding anger.
- Why conflicts happened in the past and how to prevent future conflicts.
- Conflict management techniques.

**PWC Dates 2006 (Tuesdays)**

Series III SMC 3:30-6:30 p.m.

Van Nuys 1:45-4:15 p.m.

4/18 5/2 5/9 5/16 5/23 5/30

Last Day to Enroll 3/24/06

---

Series IV SMC 3:30-6:30 p.m.

Van Nuys 1:45-4:15 p.m.

6/13 6/20 6/27 7/11 7/18 7/25

Spanish 7/11 7/18 7/25

Last Day to Enroll 5/19/06

---

Series V SMC 3:30-6:30 p.m.

Van Nuys 1:45-4:15 p.m.

8/15 8/22 8/29 9/5 9/12 9/19

Spanish 7/11 7/18 7/25

Last Day to Enroll 7/21/06

---

Series VI SMC 3:30-6:30 p.m.

Van Nuys 1:45-4:15 p.m.

10/3 10/10 10/17 10/24 11/7 11/14

Spanish 10/24 11/7 11/14

Last Day to Enroll 9/15/06

---

*Wednesdays at 111 N. Hill Street, Los Angeles from 3:30-6:30 p.m. on the day following the regular Tuesday group.*

All enrollment is dependent on space availability.