



# CO-PARENTING CLASS

PRESENTED BY BONNER GENERAL  
BEHAVIORAL HEALTH

## Join us!

**When:** September 27, 2025

**Where:** Sandpoint Library

**Time:** 9:00 am – 1:00 pm

**Cost:** Free



**Register:** by scanning this QR code, visiting our website at [bonnergeneral.org](http://bonnergeneral.org) or calling (208) 265 -1090

## Keeping Your Kids Out of the Middle While Co-Parenting in Two Homes

### **Part 1. Preparation and Self Reflection -**

Participants will build a support team, learn ways to stay calm, and reflect on how to help their kids through big emotions.

### **Part 2. How to Share the News with**

**Your Kids** - Learn how to talk to your kids with confidence, answer tough questions, build their support team, and find helpful resources.

**Part 3. Creating Two Homes** - Learn how to share responsibilities, set co-parenting ground rules, build mutual respect, and create a plan to move forward in two homes after separation.

### **Part 4. Adjusting and Setting**

**Boundaries** - Gain tools to adjust to a new normal, create a communication plan, set healthy boundaries, handle disagreements, and navigate co-parenting essentials.

Led by Jill Hicks, L.C.P.C., and Jennifer Greve, M.A., this free class will provide valuable support to help you build a healthy, stable environment for your kids, along with practical tools, and strategies for successful co-parenting.