



CO-PARENTING CLASS

Keeping Your Kids Out of the Middle



Presented by: BEHAVIORAL HEALTH

When: February 21, 2026

Where: St. Vincent de Paul HELP Center
201 E. Harrison Ave. Cd'A, ID 83814

Time: 9:00 am - 1:00 pm

Cost: Free



Tips, Tools, and Support for Keeping Your Kids Out of the Middle While Co-Parenting in Two Homes

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



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.