



CO-PARENTING CLASS

Keeping Your Kids Out of the Middle



Presented by: BEHAVIORAL HEALTH

Join us!

When: Wednesday, October 14 & Thursday, October 15, 2026

Where: BGH Monarch Room:
423 N. 3rd Ave., Sandpoint

Time: 5:30 pm - 7:30 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



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.

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.

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.

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.