



**A FREE CAPS PARENTING EDUCATION CLASS**

# Cooperative Parenting in Divorce

This 7-session course will assist divorcing or divorced parents in reducing parental conflict and improving their child's post-divorce adjustment.

**REGISTER HERE**

or visit [capsosalina.org](http://capsosalina.org) to learn more.

**Monday nights, 6:00-8:00**

**Sept. 13, 20 & 27;  
Oct. 4, 11, 18 & 25**

**155 N. Oakdale  
Suite 200  
Salina, KS 67401**

Join Katy and Ingrid to learn:

- Conflict management skills
- Keeping child-focused
- Handling tense situations
- Making a peace plan
- Cooperation skills
- How to communicate with your ex without lighting a fuse
- Reducing bitterness
- Improving relationships between separate households



**Katy Vinson, BS**  
CAPS PARENT EDUCATOR



**Ingrid Pohl, MS**  
CAPS PARENT EDUCATOR



CHILD ADVOCACY & PARENTING SERVICES, INC.

Contact us at 785-825-4493 or visit our website at [capsosalina.org](http://capsosalina.org) to learn more about CAPS programming.

