

Additional Parenting Programs Available Through the ParentWISE Program of Wesley Family Services

Incredible Years - for parents with children
ages 2-11.

Strengthening Families 10-14 - for parents
and youth, age 10-14.

Triple P Teen - for parents with youth ages 12-
18.

Families in Recovery - for parents in recovery
with any age child.

All parenting programs use evidence-based/
evidence-informed curriculum.

For schedules or to enroll contact:

Lori

Ph: 724-217-8307

parentwise@wfspa.org



C.H.I.L.D. Program

Empowering People. Strengthening Communities. Transforming the Future.

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.



**Wesley
Family
Services®**

**For more information on
C.H.I.L.D. Court-ordered Parenting
Classes, call**

724-217-8303

www.wfspa.org



**Wesley
Family
Services®**

Court-ordered
parenting classes in
Westmoreland County
for parents going through
separation or divorce.





C.H.I.L.D. Program Overview

When a relationship ends in separation and divorce, the results are often traumatic for the individuals involved. When children are thrown into the mix, a difficult transition becomes that much harder to navigate. Though most children do well in the long term, after the initial effects of their parents' separation/divorce have subsided, research has shown that high levels of parental conflict during and after separation and divorce is associated with poorer adjustment and longer term problems in children, including into adult life.

Children Hurt in Loss through Divorce/Separation (C.H.I.L.D.), a cooperative effort of the Westmoreland County Court of Common Pleas and Wesley Family Services, is designed to help parents recognize and respond to the needs of their children during the separation and divorce process. The C.H.I.L.D. program assists parents by:

- transitioning them into the role and duties of co-parenting;
- helping them become more knowledgeable on how the impact of the separation/divorce impacts the child's development; and
- teaching useful anger management, conflict resolution and communication skills to enhance their ability to parent cooperatively.

How the C.H.I.L.D. Program Works

Through presentations, video vignettes, guided discussion, activities and interaction, attendees will enhance their knowledge and skills and be empowered to effectively address the issues and concerns that are encountered during this time of redefining their family and their roles.

Topics covered in this four-hour session include:

- Being Child-Focused - Making a Commitment to Caring
- Allowing My Child to Love Both Parents
- Redefining my Role
- Managing My Own Anger
- Taking Control of Conflict
- Negotiating Agreement
- Parenting is Forever

Benefits to Children of their Parent's Participation in the C.H.I.L.D. Program

By their parents participating in this program the children will benefit by:

- experiencing fewer stress-related symptoms
- feeling safe and secure
- having increased self-esteem
- increasing the likelihood of ongoing relationships with both parents
- reducing the likelihood of future relationship issues and problematic behaviors as they grow and develop
- avoiding loyalty binds where the child feels compelled to choose between one or the other parent

Please go to our C.H.I.L.D. Program page at www.wfspa.org for a schedule of classes, or do one of the following:
Email: parentwise@wfspace.org, or call
Ph: 724-217-8303 or 724-217-8306

Class Information

Class Locations/Schedule:

- These four-hour programs will be offered on a monthly basis.
- Saturday programs will be held virtually on Zoom from 9:00am to 1:00 pm.
- Monday programs will be held virtually on Zoom from 5:30pm to 9:30pm.

To promote a greater level of comfort and participation:

- Former partners will not be placed in the same session. We will try to place you in your preferred class time choice.
- The sessions are adult-focused so children should not be permitted to listen to the class.
- Participants should be logged into Zoom on time for the class. No one will be allowed into the session once the program begins.

Class Fee: \$50.00 per person.

Fee is due two days prior to the scheduled session. No one is permitted to attend the class unless payment has been received.

You must register over the phone before paying for the program.

Payment can be made with a credit/debit card online at www.wfspa.org/pay-online. The registration link is on the C.H.I.L.D. Program page.

Payment can also be made with check or money order made out to Wesley Family Services and mailed to:

C.H.I.L.D. Program
Wesley Family Services
521 Plymouth St.
Greensburg, PA 15601

