

A photograph showing the silhouettes of a woman holding a baby, a young child, and a man standing in front of a large, jagged hole in a wall. The hole is filled with a bright, glowing light, creating a dramatic effect. The background is a dark blue sky.

# Cooperative Parenting and Divorce

**A Four-Hour Educational Workshop  
for Separating or Divorcing Military Parents**

**Based on the Cooperative Parenting Curriculum designed to improve the quality of the parental relationships in situations of separation or divorce.**

**Participants will learn:**

- **How to shift their role from former spouses to co-parents**
- **How parental conflict impacts their child's development**
- **Anger management, impulse control, communication, and conflict resolution skills**

*All classes will be held in the NPSP Activity Room, Little Hall.*

**Call 703-784-4248 to register**

**Visit us online at [www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org)**

