

When divorce turns your world upside-down,

ESCAPE Family Resource Center will give you the tools to turn it right-side up again.

### Are you:

- Tired of constant conflict between you and your ex?
- Stressed out?
- Feeling abandoned and lonely?
- Worried your kids will like your ex-spouses new partner more than they like you?

### Do you:

- Feel guilty because you use the kids to get back at him or her?
- Find yourself pumping the kids for information about your ex?
- Get angry because as the custodial parent, you get all the hard jobs while your ex has all the fun with the kids?

**BUILDING NEW BEGINNINGS CAN HELP!**



**ESCAPE  
Family  
Resource  
Center**

### CALL FOR CLASS DATES & TIMES

Founded in 1983 by Houston area chapters of the National Exchange Club, ESCAPE is a 501 (c) 3 nonprofit, privately supported agency dedicated to preventing child abuse and neglect in the Greater Houston area.

ESCAPE provides families with the vital skills to help their children flourish emotionally and physically.



FOUNDED BY  
THE NATIONAL EXCHANGE CLUB

**ESCAPE Family Resource Center**

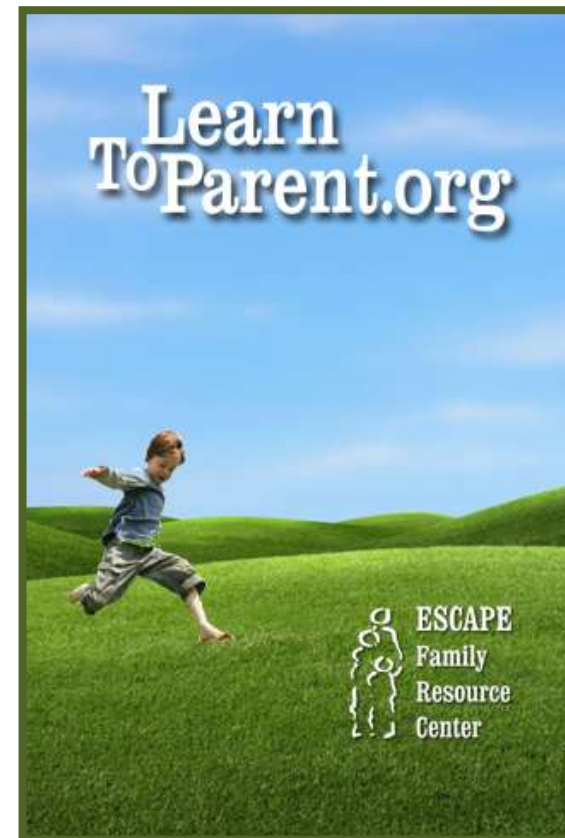
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Houston, TX 77098

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[www.LearnToParent.org](http://www.LearnToParent.org)



**BUILDING  
NEW  
BEGINNINGS**

## PROGRAM DESCRIPTION

**Building New Beginnings** is a 9-hour course that will help you and your children cope with divorce and deal with post-divorce issues\*.

You'll meet with other parents, and your children will meet with children their own age. Sessions are facilitated by master's-level educators who will help you develop skill to manage stress and anger, create positive co-parenting arrangements and identify the feelings and needs of your children. Children will learn how to express their feelings; how to transition between two households and how not to be caught "in the middle".



*Thanks to ESCAPE,  
by the time  
Michael's old  
enough to know  
his parents are  
divorced, they will  
have ended their  
conflicts and  
resolved to put  
their son first.*

\*divorcing or divorced spouses must attend separate classes.

## BUILDING NEW BEGINNINGS

### PROGRAM OVERVIEW

#### SESSION ONE

- How stress affects my family
- Identifying stress
- Kids and stress
- Stressbusters

#### SESSION TWO

- Changing the focus from Then to Now
- Ex -spouse or co-parent?
- Children of divorce
- Where am I?

#### SESSION THREE

- Listening and speaking with my heart
- Communication: An exchange
- I-statements and you-statements
- Steps to listening with the heart

#### SESSION FOUR

- How families solve problems
- Inappropriate conflict styles
- Problem solving
- Forgiveness

#### SESSION FIVE

- You can count on me
- Parenting skills
- Age-appropriate discipline
- We all have needs
- Developmental tasks

#### SESSION SIX

- Living in two households
- A child's perspective
- Upside down/right-side up
- Avoiding arguments
- Smooth transitions

## BUILDING NEW BEGINNINGS WILL TEACH YOU THE SKILLS YOU NEED TO:

- **REMEMBER THE CHILDREN FIRST**
- **PUT AN END TO CONFLICT**
- **BECOME CO-PARENTS INSTEAD OF ADVERSARIES**
- **LEARN TO LISTEN WITHOUT JUDGEMENT**



*This workshop satisfies the requirements of the family courts in the state of Texas. ESCAPE's course is the only court-approved program offering classes for parents and their children, as well as free daycare for infants and toddlers.*

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ToParent.org