

2012 DATES & LOCATIONS

Each program consists of 2 sessions — Friday evening and Saturday morning. At the end of this program participants receive a certificate of completion. One must attend both sessions to receive this certificate.

Light refreshments are served.

Chelmsford

All Saints Episcopal Church, 10 Billerica Road

January 20-21

March 9-10

May 11-12

June 8-9

July 13-14

August 3-4

September 7-8

November 9-10

For future dates not yet listed, questions about registration or more information, visit us at lifetransitionsinc.com or call (978) 649-6255.

Littleton

First Baptist Church, 461 King Street

February 10-11

April 13-14

October 12-13

December 7-8

Where to go

Driving directions, a link to Google™ Maps and parking tips are available on our web site:

www.lifetransitionsinc.com/locations

If you do not have web access, call us for printed directions we can mail you.



ABOUT US

Moving Forward is a parent education program developed and led by licensed therapists with expertise in the divorce field. The program has been developed to assist parents in moving through the difficult process of divorce in a way that will have the least negative influence on their children.

At the end of this 2-session program, parents will have:

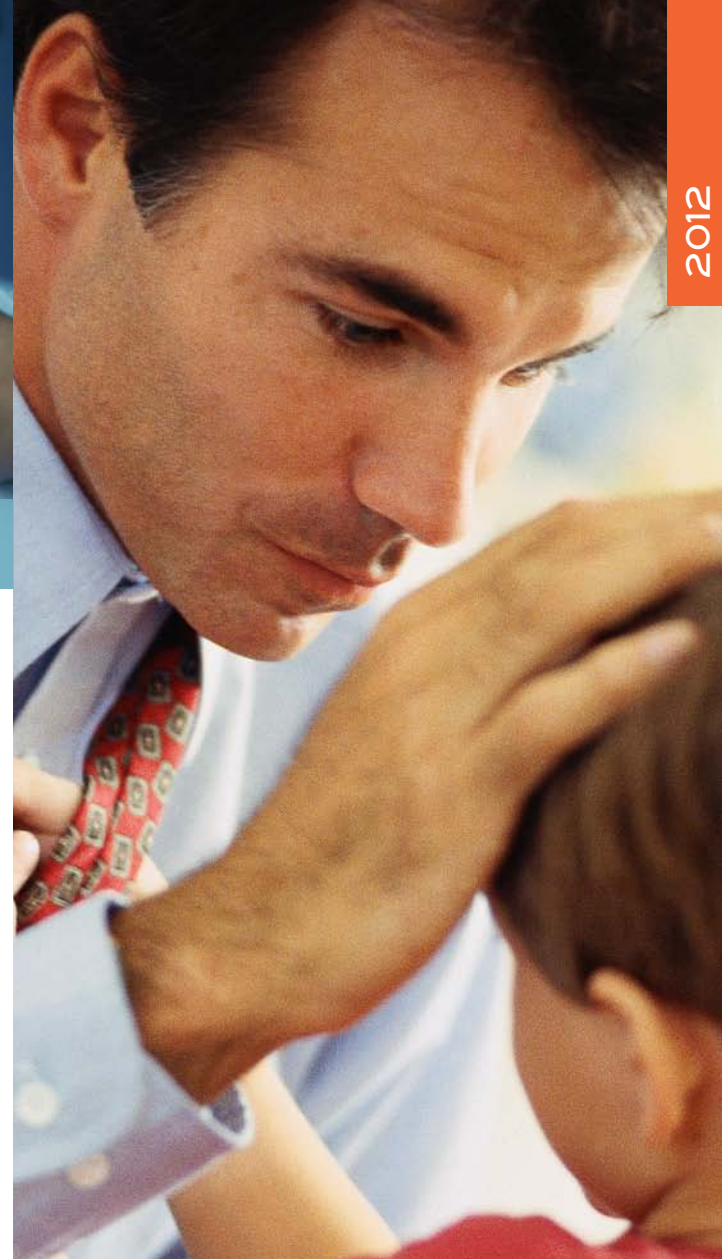
- Concrete tools to assist with co-parenting
- Knowledge of specific behaviors to assist their children in coping with divorce
- Increased understanding of practical ways to communicate with their children so they will listen
- Increased knowledge of communication skills to help resolve conflict

Life Transitions, Inc.

P.O. Box 319, Dunstable, MA 01827

(978) 649-6255

www.lifetransitionsinc.com



MOVING FORWARD

an educational program to diminish the effects of divorce on children and adults

Chelmsford • Littleton

**Our 2-session program meets
Friday 6:00-8:30 PM and
Saturday 9:30 AM-12:30 PM**

Chelmsford & Littleton locations

**This parent education program is approved
by the Chief Justice of the Probate & Family
Court, Commonwealth of Massachusetts.**

Program fee \$80

You can register by mailing in this form with your check or money order, payable to Moving Forward. You may also register on the web at LifeTransitionsInc.com.

Under the guidelines as set forth by the Commonwealth of Massachusetts, spouses may not attend the same sessions.

Program location (circle one)

Chelmsford Littleton

Name

Phone (indicate work or home)

Address

City/State/Zip

E-mail

Name of spouse

Program date you are attending

Mail this form with your payment to:

Life Transitions, Inc.
P.O. Box 319 • Dunstable, MA 01827

**HOW TO TALK TO
YOUR CHILDREN**

- Listen attentively. Make eye contact.
- Acknowledge your child's feelings without trying to fix them. For example: "It sounds like you are angry", instead of "Cheer up!".
- Show empathy by giving your children their wishes in fantasy. For example: "I wish I could make that come true for you".
- Remember, all feelings are to be accepted and respected even though certain actions must not be tolerated.
- Always speak of the other parent in positive terms. A child's identity is derived from their image of both parents.

**IMPORTANT MESSAGES TO
GIVE YOUR CHILDREN**

- I love you. I will always be available.
- It's not your fault.
- It's ok to feel sad, angry etc. as well as to miss and love both parents.

WHAT CHILDREN NEED

- A positive relationship with both parents.
- Parents that communicate directly so they are not trapped in the middle.
- To not hear one parent criticized by the other.
- Weekly private time with each parent.

TIPS TO START A NEW LIFE

- Take an inventory of your strengths. Don't believe that because your marriage has failed, you are a failure.
- Let positive people into your life. Share your feelings with them in order to gain the support you need.
- Make changes slowly. Allow time to adjust.
- Develop old and new interests.
- Plan positively for the future. Make a wish list of life goals that you can look forward to.

—tear off and send—