Parenting After Separation (PAS)

Is a course to help parents to make positive choices about how they will continue to parent their children after separation.

PAS is available as an **In-person workshop** or an **On-line e-course**

PAS provides parents with the tools to:

- Understand their children’s needs and help them through the divorce/separation
- Maintain a positive relationship with their children
- Understand the emotional, financial and legal implications of parenting apart and prepare a parenting plan
- Seek alternative dispute resolutions (mediation, collaborative law, etc.)

To register for PAS on-line course go to: pas.albertacourts.ca

To register for an in-person course in Calgary or Edmonton visit Resolution and Court Administration Services www.rcas.alberta.ca

Parenting After Separation for Families in High Conflict (PASHC)

PASHC is a 3 hour seminar available to all parents who have already completed the Parenting After Separation course and are experiencing more intense, long-lasting conflict during their separation.

PASHC course objectives are to provide parents with information on:

- The effect of high conflict on children
- The benefits of reducing conflict
- The kind of conflicts that cause toxic stress for children
- The importance of managing emotions
- The importance of “disengaging”
- Setting personal boundaries
- Creating a parallel parenting plan

PASHC is only available in Calgary and Edmonton

To register please visit Resolution and Court Administration Services www.rcas.alberta.ca