

# Focus on Communication in Separation (FOCIS)

## Resolution and Court Administration Services

Invites parents who are parenting apart  
to attend a voluntary six hour communication course:

### Focus on Communication in Separation (FOCIS)

#### Learn to communicate with the other parent for your children's sake!

- Learn to communicate effectively while parenting apart.
- Reducing tension from conflicts will result in less stress for both you and your children.
- Ongoing conflict between parents can have a long lasting negative effect on children of separation or divorce.
- Studies have shown that inter-parental anger and conflict are very strong indicators of how well children fare, both now and over the rest of their lives.
- You can help your children by showing them that people don't have to argue to get their ideas across.

Some of the topics covered are:

- Impact of parental conflict on children
- Importance of listening
- Understanding conflict, conflict styles and conflict cycles
- Effective use of questions, paraphrases and summarizing techniques
- Mindsets and perceptions



For information on how to register for FOCIS  
please visit:  
Resolution and Court Administration Services at  
[www.rcas.alberta.ca](http://www.rcas.alberta.ca)