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## Services Available

- *Supervised Visitations*
- *Safe Exchanges*
- *Drug Testing*
- *Parenting and Co-Parenting Classes*
- *Drug and Alcohol Classes*
- *Psychological Counseling*
- *Family Counseling*
- *Anger Management*
- *Child Mentoring*
- *Child and Teen Counseling*



### Helping Kids Cope with Divorce

Divorce is one of the top five reasons kids wind up in therapy, and an unstable family life (often a precursor of divorce) is another. The most stressful event a child may experience is the death of a parent, but divorce is the second most stressful. While the divorcing parents' stress often peaks during the time of the actual separation, a child's grief can linger for many years. Dr. Judith Wallerstein's study of children of divorce found that, "divorce is a cumulative experience for the child. Its impact increases over time." Wallerstein also found that adults whose parents divorced while they were young often believe that divorce is the first alternative to conflict in their own marriages.

### Serving Texas Since 2000

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### **A Family Affair Supervised Visitations and Parenting Services**

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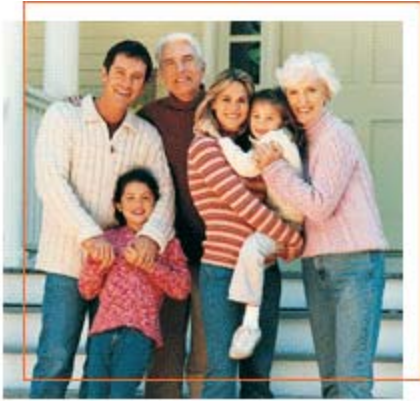
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**Tel: 214-206-1855**

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The Co Parenting Class creates an opportunity for parents and family members to shift their attention from the personal aspects of divorce to the needs of their children. By using a psycho-educational approach, this program focuses on the enhancement of the children's ability to function within their families, the relationship between the separate households, and how to improve the parental relationship to provide a nurturing, non-threatening home environment. This Class is suited for all parents, grandparents, or others that directly or indirectly influence decisions about children.

A divorce is never a first choice or a desired end and it is the children who

are caught in the middle. We at A Family Affair know the importance of protecting children's innocence while continuing to provide for their development. Through our Co Parenting Class, A Family Affair works to strengthen families by providing adults the skills to maintain a much more effective relationship that will provide a nurturing, non-threatening environment for their children.

When families do break up parents need to learn how to help their child adjust to the changes in their lives. A Family Affair helps improve the quality of the parental relationship by reducing conflict and to impress on parents their critical role in helping their child adjust through Co Parenting.

#### **A Family Affair Benefits Children by:**

- Reducing their symptoms of stress as parental conflict decreases
- Increasing the likelihood of keeping two actively involved parents
- Diminishing their sense of needing to choose between parents
- Creating a more relaxed home atmosphere

Reducing the likelihood of adolescent drug and alcohol problems, teen pregnancy, dropping out of school, crime.

#### **A Family Affair Benefits Parents by:**

- Teaching effective communication and conflict resolution skills
- Helping to recognize the importance of parental bonds with both parents
- Fostering sensitivity to the child's needs and feelings

We currently have onsite locations in many Texas cities.

Our locations have a home setting which will allow the visiting parent more ease and comfort while visiting with their children.

Activities at these centers include:

Making craft projects

Baking cookies

Making dinner together

Rated G and PG movies

