

CENTER FOR DIVORCE AND PARENTING, INC

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Nancy Cohen Nowak, MA, LPC, President
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Parent Educator, Mediator, Collaborative Divorce Specialist
Mediator, Educator, *Love & Logic* Facilitator

www.centerfordivorceandparenting.com

www.nancynowak.com

SERVICES OFFERED

DIVORCE AND FAMILY MEDIATION ; CIVIL MEDIATION

Provided by Ms. Nowak, MA, LPC or Will Mercer, Esq. – either solo mediation or co-mediation with a lawyer/mental health professional team. Both mediators are highly experienced. Over **3500 cases have been completed**; combined experience of over 50 years ; clients’ attorneys often participate. Offered in a neutral, safe, respectful environment. High rate of success in resolving all divorce or civil issues. Reasonably priced for today’s economy.

COMMUNICATION FACILITATION TO MINIMIZE CONFLICT

For parents in high or low conflict. Goal: Help parents understand the nature of their conflict, its impact on children and to develop skills & techniques to reduce conflict. An educationally-oriented, mediation-based process. Written agreements will be developed that promote positive communication. Communication interventions are tailor-made and promote co-parenting. Can occur if agreed upon by the parties or ordered by the Court or recommended by CFI or lawyer(s).

DECISION MAKING

Court-ordered position to make final decisions, post decree, per Statute and help parents implement an existing Court order, all in the best interests of children.

PARENT COORDINATION

This role is one of being a “case facilitator” who assists parents in implementing a Parenting Plan. according to Statute. This can be an empowering process for parents as it is an educational format with assistance in promoting communication skills between parents.

CLASSES OFFERED

CHILDREN COME FIRST IN DIVORCE OR SEPARATION -

The Court approved class for separated or divorcing parents
A one-time, 4 hour class; offered weekly. Locations throughout Denver Metro Area. Provides a Certificate of Completion for the Court. Taught by experienced mental health professionals who are also educators. Topics covered: child development, grief process, tips on handling conflict and communication, how to help keep children “out of the middle”

LEVEL II CLASS PER COURT ORDER IN A CLASSROOM SETTING

This 10-hour class covers the following topics: “I” Messages; Polite Requests and Responses; Conflict Styles; Effects of Conflict on Children; Video: *After the Storm*; Developmental Stages of Children; and more. The two-hour class segments will be held from 5:00-7:00 pm on five consecutive Thursdays, May 5, 12, 19 and 26 and June 2, 2011. Additional classes will be held every other month beginning the first Thursday of July, 2011. The cost is \$400 per attendee plus a \$5 materials fee; or \$350 per attendee plus \$5 materials fee each if both parents attend the same class. A Certificate of Completion will be provided. Call 303-771-5424 to register or for more information. A minimum of 8 people is required; space is limited.

PARENTING WITH LOVE AND LOGIC – A GENERAL PARENTING CLASS

Instructor: Will Mercer. Offered in a classroom setting for ___ hours over several sessions. Manual provided. Provides parents with easy-to-use , practical techniques that help them achieve respectful and healthy relationships wit their children. Offered quarterly. Call for dates, locations and cost (very reasonable).

RESOLVING CONFLICT: A SKILLS-BASED EDUCATIONAL CLASS 1:1 WITH MS. NOWAK OR MR. MERCER

A “must” for parents in conflict, high or low; not necessarily court ordered.
Goals: to understand the nature of conflict and its impact on children, to learn to identify feelings, to understand “I” messages; how and when to use them, and to learn and practice the technique of active listening. Personalized for each set of parents. Written protocols for communication are provided on a case-by-case basis. Certificate provided.

COACHING OR GUIDANCE FOR DIVORCING / SEPARATED PARENTS OR FOR ANY INTERPERSONAL SITUATION IN THE FOLLOWING AREAS:

- 1. Conflict Containment**
- 2. Grief management**

- 3. Communication Facilitation for couples / parents at any stage of a divorce or in any relationship—including step parents**
- 4. Development of the Parenting Plan, using the mediation model**

- 5. Building a positive co-parenting relationship**
- 6. Parenting Coaching for the estranged parent or parent with limited knowledge of ‘how to parent’ ; Can be done ‘on site’ at a parent’s home.**

- 7. Understanding children’s developmental stages**
- 8. Identifying all family members’ needs and then developing agreements that reflect these needs**

- 9. Grandparent reconciliation with their own children or reintegration into their grandchildren’s lives**

CONSULTATION WITH CLIENTS ON AN INDIVIDUAL BASIS TO HELP ATTORNEYS UNDERSTAND THEIR CLIENTS AND TO GET CLIENTS TO WORK BETTER WITH THEIR ATTORNEYS

Involves meeting with the client alone to assess his/ her strengths, to help prepare the client for a CFI investigation; to support the attorney when the client is having difficulty ‘hearing’ what he/she needs to do better or differently OR anything else needed by the attorney for the sake of the client and representing him/her.

FACILITATION OF COMMUNICATION BETWEEN ATTORNEYS/ MEDIATION FOR PROFESSIONALS:

- 1. On a Collaborative Team or**
- 2. Who represent opposing parties and which professionals may be in conflict**

For more information: Contact Nancy Cohen Nowak, MA, LPC at the Center for Divorce and Parenting, 303- 771-5424.

ABOUT MS. NOWAK:

A highly experienced mediator / psychotherapist / educator. Has completed 3500+ mediation cases and has trained 9000+ parents.

B.S., Cornell University;

M.A., Lesley College;

Licensed Professional Counselor.

Mediation Certificate of Training

Completion of Level II Collaborative Law Training – Board Member of Colorado Collaborative Law Professionals for several years

Main interest: To help parents be the best parents possible and to help keep children out of the middle of their parents' divorce – a true children's and family advocate.

Resume provided by request.