

# CENTER FOR DIVORCE AND PARENTING, INC

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Nancy Cohen Nowak, MA, LPC, President  
Will Mercer, Esq.

[www.centerfordivorceandparenting.com](http://www.centerfordivorceandparenting.com)

Parent Educator, Mediator, Collaborative Divorce Specialist  
Mediator, Educator, *Love & Logic* Facilitator

[www.nancynowak.com](http://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***

Is a 10 hour class covering the following topics: conflict styles; “I” messages, Polite Requests and Polite Responses; Effects of Conflict on Children, Parenting with Love and Logic component. Includes a workbook. Involves lecture, video and classroom activities. User Friendly; Certificate of Completion is Provided.

### ***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.

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### **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.*