

## What is CoRe?

The Conflict Resolution for Parents is specifically designed for couples that are highly conflicted and are struggling through relational issues. The course curriculum was designed in conjunction with the Family Court Judges that outlined topics they felt would be meaningful.

The class size is held to a maximum of 8 in order to emphasize strong instructor student mentoring. Great emphasis is made to personalize the class to the specific needs of the parents involved.

The classes are taught and supervised by a Licensed Family Practice Medicine NP and a Licensed Clinical Social Worker. The course materials are specifically tailored to meeting the needs of the parents attending. Therefore topics are adjusted, and/or modified to specifically address the areas the students need help in.

Although the class is designed across an 8 weeks schedule there is flexibility in adjusting the schedule if the individuals have the availability to work individually in our Learning Lab.

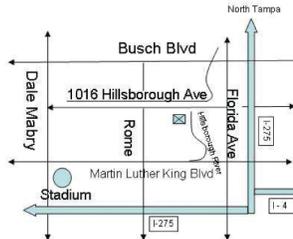
### Additional Certifications:

- State Certified 4 hr Divorce Course
- State/County Certified Batterer Intervention Assessor and Facilitator
- County listed as a provider of Anger Management, Stress Management, and Substance Abuse Services.

**Call to Register**  
**(813) 933-8865**



*Change is a process of  
exercising alternative behaviors  
and experiencing positive  
feedback rewards.*



### Office Hours:

Monday – Friday 8:30 am -- 9:00 pm  
Saturday 9am -1pm

- Group Times Vary. However there are various Day, Night and Weekend group meetings.

# Conflict Resolution for Parents

Utilizing the  
CORE model



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**“Making a Difference**

**... In a Difficult World”**

**Serving Tampa Since 1993**

Approved provider 13<sup>th</sup> Judicial Circuit  
Hillsborough County, Florida

## MISSION STATEMENT

*We are committed to helping individuals and families learn the skills necessary for problem solving in order to allow the individual and/or family unit to meet their full potential.*



## Parenting Course Topics

- Understanding and learning to resolve parental conflict
- Keeping children out of the middle and protecting them from conflict
- Learning to communicate the needs of your child
- Stress and its impact on positive emotions
- How to help children who resist Visitation – Encouraging the parent-child bond
- Dealing with "triggers" that evoke high energy reactions
- Characteristics of Emotionally healthy families
- Developing a parenting plan
- Methods to Resolve Conflict that promote harmony
- Effective Consequences in Positive Parenting
- Assistance available for high conflict parents
- Blended Families

## Learning Objectives

Participants will understand:

1. ... their responsibility to maintain their child's best interest as their top priority.
2. ... how their inability to solve problems affects their children.
3. ... the basics of an emotionally healthy family.
4. ... the benefits of successfully co-parenting.



## Instructional Materials:

- Workbook
- Manual
- Handouts

*\* All materials provided by Interventions at NO COST to participants.*