



FOCUS ON COMMUNICATION IN SEPARATION

Alberta Justice also offers a course called Parenting After Separation (PAS). This free workshop is to assist parents in understanding the process and effects of separation and to encourage parents to make positive choices about how they will continue to parent their children after separation.

For further information call:

Calgary (403) 297-6981

Edmonton (780) 427-8343

Elsewhere in Alberta (403) 340-7187

Dial 310-0000 first for toll free access in Alberta.

Family Justice Services

Family Justice Services are a group of programs and services offered by Alberta Justice in collaboration with the courts of Alberta. Family Justice Services works directly with individuals and also with the judges of the Provincial Court and Court of Queen's Bench to help people get appropriate solutions for their family law issues.

Visit www.albertacourts.ab.ca

Alberta Family Justice Services invites parents of young children who live apart to attend a free communication course.

Family
Justice
Services



Help your children get out of the middle

Focus on Communication in Separation “FOCIS”

Who

Separated or divorced parents of young children

What

A voluntary six-hour communication class

Course topics include:

- Effects of conflict on children
- Understanding conflict
- Anger
- Listening Skills
- I messages

Cost

Free

When

Offered monthly



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.
- You can help your children by showing them that people don't have to argue to get their ideas across.

To Register:

Call Family Justice Services for dates and times.

Calgary (403) 297-6981

Edmonton (780) 644-5092

Elsewhere in Alberta (403) 340-7187

Dial 310-0000 first for toll free access in Alberta.

