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Special Notice to Parents Referred to Child Cope with Divorce Seminar

The Children Cope with Divorce class is presented by the Visiting Nurse Service. Here's an important head start that will help you get ready. It is required by the courts plus it will prepare you for the class and for a better future for you and your children.

Do the work on the free www.UpToParents.org website. It can be an eye-opening path to a much better future for you *and* your children. Most parents find this work both valuable and interesting. It takes some time so get started early.

After you finish the website, please print out and take the following to your class:

- Your chosen commitments to your children, and
- Your exercise responses

The website also has a Parents Corner link with interesting video and interactive articles that can help you. After you've finished your website work, feel free to check out some of the articles.

It is also suggested that you review www.ShareKids.com which provides scheduling and communications tools for them. Visiting Nurses ask that you complete the homework on this site as well and bring a copy to the class.

The Cope classes have received a positive review from over 90% of the parents who have attended. Please use your class—and your preparation on www.UpToParents.org to help yourself and your children.