

For registration information regarding the Positive Parenting Seminar and other programs, please call or email:

**Mary Ellen Bowen, MSc, Executive Director
Mid South Mediation Services**

931-796-0487 (office) ** (21st Judicial District)

931-242-5172 (Instructor) ** (22nd Judicial District)

vorp7@hotmail.com

www.midsouthmediationservices.org

***The Positive Parenting Seminar Helps Shield
Children from Conflict***

Unrelenting parental conflict is the single most common cause of poor adjustment in children following a divorce or custody dispute. Children want and need the loving care of their parents. Family relationships that do not disappear when parents divorce are key for the welfare of the children. For the sake of their children, parents must continue to communicate with each other to properly raise a child. The ability of parents to interact with each other greatly affects the child's well-being and adjustment to living between two homes.

The Positive Parenting Seminar is a four-hour educational program designed to meet the requirements of the Tennessee State Parenting Plan Law

The program teaches participants the skills they need to develop and follow a Parenting Plan that is required by law and meets the needs of the family situation. The Parenting Plan is intended to improve the quality of the parental relationship in situations of divorce and step-parent households. The overall emphasis of the ***Positive Parenting Seminar*** is to help participants develop the skills they need to their offer children the opportunity to grow in a home environment free from being caught in the middle of parental conflict. Our program incorporates the curriculum of the respected ***Cooperative Parenting and Divorce*** program that has been well received by circuit and juvenile court judges throughout the nation since its introduction in 1995.

Mid South Parent Education and Mediation Project -- Who We Are

Mid South Mediation Services is a Tennessee non-profit corporation dedicated to helping families in Middle Tennessee dealing with conflict, court cases, separation and/or divorce. We provide parent education classes and mediation services to clients on an income-based sliding fee scale. We particularly would like to help parents who have never married along with military families who may have difficulty adjusting post deployment.

Seminars are presented for the counties of the 21st and 22nd Judicial Districts (Williamson, Hickman, Lewis, Perry) and (Maury, Lawrence, Wayne, Giles).

The classes are approved for the Courts for divorcing or unmarried parents. Our program is funded in part through a grant from the Tennessee State Administrative Office of the Court. Our non-profit organization is also a member of the Coalition for Mediation Awareness in Tennessee as well as the National Association For Community Mediation. The four-hour seminar is offered both in daytime and evening sessions as needed. Participants will receive a certificate upon completion of the class and the attendance will be reported to the court.

We Offer:

Qualified professional staff who are both experienced educators and family mediators with special training in domestic violence. Our program uses a proven curriculum designed by Active Parenting Publishers, enhanced to meet the requirements of the Tennessee Parenting Plan Act. The multimedia course keeps participants engaged and learning with clear objectives. Participants say Active Parenting classes are informative and help them to reduce stress and develop a mutually agreed upon Parenting Plan. Mid South offers a low fee for most clients and we accept Rule 38 referrals (TN State PEMF Fund helps pay for the program).

The Positive Parenting Seminar Program

The Positive Parenting Seminar is led by a trained parent educator and uses a combination of discussion, videos and class exercises that provide information regarding: The stages and experiences of conflict, separation and their effects on the family. This course teaches about:

- Keeping your children safe from separation conflict
- The changes in family relationships and parenting style
- How to identify their contributions to conflict while increasing impulse control
- Teaching parents anger management, communication and conflict resolution skills
- Avoiding domestic abuse and violence
- How to communicate more effectively with the other parent and your child
- The benefits of a Parenting Plan tailored to the needs of your family
- Mediation-how it works, who goes, why, and what resources are available.
- The legal aspects of separation and divorce

Provides Important Skills By

- Creating a more relaxed home atmosphere, allowing the child to adjust more effectively
- Teaching effective communication and conflict-resolution skills as modeled by the parents
- Increasing the likelihood of keeping two parents active in the child's life

The Positive Parenting Seminar benefits the children by

- Teaching parents how to reduce their child's symptoms of stress as parental conflict decreases
- Diminishing the child's sense of binding loyalty and allowing the child to love both parents at the same time

The Positive Parenting Seminar benefits the community by:

- Decreasing future litigation, court costs and time
- Expanding the definition of "family," thereby preserving and strengthening the family structure
- Potentially reducing adolescent drug and alcohol problems, teenage pregnancy, school drop-out rates and crime associated with children when the parents separate
- Potentially diminishing the likelihood of future relationship difficulties for the child as an adult