

Families in Conflict Situations



Help your children and family deal with conflict!

- Everyone will learn specific communication skills so that interactions among family members are healthier, less hostile and less stressful.
- Children will learn to express and share their emotions about family conflict and address feelings of isolation, helplessness, anger and fear.
- Parents will learn skills to communicate with each other differently and enhance their ability to interact with their children.

This class will help you focus on the issues you and your children are facing:

For Children

- Reduce isolation and normalize their fears
- Correct misconceptions about conflict
- Understand opportunities for support
- Learn how to understand and process feelings
- Develop coping skills
- Learn practical ways to improve parent – child communication skills

For Parents

- Increase your awareness and understanding on how children are impacted by family conflict
- Learn how to gain self-awareness and understand your circle of influence
- Gain access and referrals to community resources
- Learn about problem solving and conflict avoidance
- Learn practical ways to improve your communications skills

The three session class structure is unique and effective. The first session is attended by fathers and children, the second session is attended by mothers and children, and the last session is attended by all family members. Children's sessions are broken down by grade level; 1-3, 4-6, and 7-9. The classes are tailored to the needs of the children and parents attending each session.



Families in Conflict Situations (F.I.C.S)

Description of Class:

This program is a three-session psycho-educational class designed to help families process feelings associated with conflict. Each session will occur once a week for three consecutive weeks, from 6:00-7:30 pm. The sessions are held in one building at the Beechmont Avenue location of Beech Acres Parenting Center. Fathers will attend week one, mothers will attend week two, and the last week both parents will attend together. Children will attend all three sessions, and are divided into groups according to grade: 1st thru 3rd grades, 4th thru 6th grades, and 7th thru 9th grades.

The goal of the parent component is to increase awareness and provide information on the affects of conflict on you, your children, and your family. It provides opportunities for parents to think about and vision what they desire for their families; consider what is working well; and talk about the strengths they have, and how they can use them in times of conflict. Parents will learn problem solving, communication, and conflict management skills.

The goal of the children's component is to provide them with the opportunity to identify, articulate and process feelings related to conflict, begin developing skills to cope and manage conflict, and reduce the isolation and stress experienced as a result of the conflict in their family.

Participant Profile:

Participants are Clermont County residents that have been before the court at least once. The level of conflict is high enough that the children are being negatively affected and the family unit is at risk of deterioration. The parents may have difficulty understanding their own role and/or controlling their participation in the conflict. Parents in these situations often have difficulty with civility, communication, boundaries with conversations in the presence of children, and solving problems/working through conflicts.

Objectives

1. Program participants will learn specific communication skills so that interactions among family members are more healthy and less hostile, nonproductive, and/or stressful.
2. Participating children will learn to express and share their emotions about the family break up, thereby reducing their feelings of isolation and helplessness.
3. Participating families will strengthen their network of support by learning and connecting with agencies that will help them handle their feelings appropriately, and provide a safe and constructive outlet for expressing and venting their feelings.
4. Reduce the number of contacts with the court system due to high conflict.

Date, Time and Location:

The F.I.C.S. program will be offered 4 times a year. The classes are 3 sessions each, and run on consecutive Mondays from 6:00-7:30 pm at Beech Acres Parenting Center's Beechmont Avenue location. A welcome letter will be sent to each registrant, including directions. Dates include:

1. June 1, 8, 15

2. August 4, 11, 18

3. October 6, 13, 20

4. December 1, 8, 15