

To participate, contact the nearest center, circled below:

Better Agreements, Inc. (Blacksburg)  
ADR@BetterAgreements.org  
Phone: 1-866-832-5093

Mediation Center of Charlottesville  
mcc@mediationville.org  
Phone: (434) 977-2926

Piedmont Dispute Resolution Center  
(Warrenton)  
pdrc@verizon.net  
Phone: (540) 347-6650

NVMS (Fairfax)  
clientservices@nvms.us  
Phone: (703) 865-7263  
<http://nvms.us/dcse-co-parenting-class/>

Peaceful Alternatives Community Mediation  
(Amherst)  
carolyn@peacefulalt.com  
Phone: (434) 929-8224

Conflict Resolution Center @ Children's Trust  
(Roanoke)  
chrys.bason@roact.org  
Phone: (540) 342-2063 ext. 24

FairField Center (Harrisonburg)  
mediation@fairfieldcenter.org  
Phone: (540) 434-0059 ext. 1

reSOLUTIONS (Woodstock)  
program.coordinator@resolutions-inc.org  
Phone: (540) 260-5545

CMG Foundation (Richmond)  
info@cmg-foundation.org  
Phone (804) 254-2664

The Up Center (Portsmouth)  
Maerine.Mitchell@theupcenter.org  
Phone (757) 397-2121 ext. 332

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Let's do this...  
for the children.



1-888-VA PEACE  
info@vaccr.org  
www.vaccr.org

Points of view or opinions contained within this document are those of the author and do not necessarily represent the official position or policies of Virginia Department of Social Services or the U.S. Department of Justice/U.S. Department of Health and Human Services.

Want these advantages for your children?



Financial

Academic



Behavioral

Emotional

Social



Let's get both parents involved.

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## Mediation and co-parenting training are available to give children the two-parent advantage.



Services are free for those who qualify through a grant from the Virginia Department of Social Services, Access and Visitation program.

For mediation, both parents need to be willing to participate and contact information for each parent needs to be available.

## Mediation

In mediation, a mediator sits with parents and helps them discuss parenting arrangements and develop visitation schedules that are in the best interest of their children. Parents can make agreements as to how much time each parent will spend with the child(ren), how parents will communicate with each other, and how they will co-parent.

When parents take the time to listen to each other, they often learn things they did not know before. This new knowledge can change how they feel about things. Research indicates that parents who mediate are more likely to spend more time with their children and support them financially.

### Parent comments on mediation:

*“It’s a very helpful process. [The mediator] listened to what we wanted and helped us to come to a mutual agreement on how to co-parent our child.”*

*“We want to co-parent but couldn’t speak without confrontation. It’s easier having someone as a neutral to assist with communication skills.”*

*“I liked our mediator—very friendly, informed, unbiased. The process was a good experience because it made the other parent actually communicate with me...to let me know how he feels.”*

*“Talking about household bills and children’s activities helped me better understand how much children cost.”*

## Co-parenting Training

(group training, 4-5 hours)

### What is taught?

- The effects on children and families when parents are no longer together
- The impact of parental conflict on children
- Parenting skills
- Co-parenting skills
- Parenting responsibilities
- Financial responsibilities
- Options for conflict resolution

This class helps parents understand how their words and actions impact their children. It can lead to more positive interactions between both parents as well as positive interactions between parents and children.

### Parent comments on the class:

*“This class enhanced my ability to communicate in a peaceful manner with my co-parent and to put our children’s feelings first because our actions do affect them and their self-esteem.”*

*“I felt like you were speaking directly to me! Even some of the examples are the same exact things that are going on.”*

*“Wonderful, I’m feeling better and I have a whole book to help me parent in a child-focused way! Thank you!”*

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