

Co-Parenting & Parenting Resources - Recursos de Co-Crianza y Crianza

All information is subject to change. The Monterey County Superior Court does not endorse any particular resource.

Toda la información está sujeta a cambios. El Tribunal Superior del Condado de Monterey no respalda ningún recurso en particular.

Parenting Classes – Cursos de Crianza

Nurturing Parenting Program: FREE 12 Weeks English & Spanish Monterey Co.
Community Human Services <https://chservices.org/mental-health/parent-education-program/> 831-235-1894

For parents of children aged 0-12. The Parent Education Program uses an evidence-based curriculum recognized world round as an effective means of teaching parents to understand the responsibility of parenting, learn communication and listening skills, safe and effective discipline methods, stress management, how to resolve problems with respect and care, and builds understanding of the stages of child development and the definition and effects of child abuse. English can be taken non-consecutively.

SFP (Strengthening Families Program): FREE 8 Weeks English & Spanish Monterey Co.
Partners 4 Peace <http://www.partners4peace.org/classschedule> 831-754-3888

SFP (Strengthening Families Program): FREE 8 Weeks English & Spanish Monterey Co.
Community Human Services <https://chservices.org/mental-health/parent-education-program/> 831-658-3811

For parents and their children aged 10-17.5, SFP reduces problem behaviors, delinquency, and alcohol and drug abuse in children, and improves social competencies and school performance and promotes family values and relationships. It is designed to improve communication and interaction between family members. The program increases protective factors and reduces risk factors for youth that lead to poor relationships with parents and problematic behaviors with youth, including substance abuse. Parents gain tools for effectively parenting teens and how to set limits and show love. Teens learn to resist peer pressure and to choose positive friends.

The Parent Project, Junior: FREE, 10 weeks English & Spanish Monterey Co.
Partners 4 Peace 831-754-3888
<http://www.partners4peace.org/classschedule>

Loving Solutions® is for PARENTS ONLY of troubled youth, ages 5-10. The Loving Solutions® curriculum is specifically designed for parents raising difficult, strong willed or highly impulsive children. With special application to ADD/ADHD issues, our hope is that Loving Solutions will bring about change in the home.

The Parent Project, Senior: \$45/person, \$60/couple 10 weeks English & Spanish Monterey Co.
Partners 4 Peace (Financial assistance is available!) 831-754-3888
<http://www.partners4peace.org/classschedule>

The parent Project is a class for PARENTS ONLY of youth ages 11-18. This class is designed for parent of difficult or out of control teens. The 12 week program utilizes the "Changing Destructive Adolescent Behavior" curriculum and provides concrete solutions and skills to help parents gain control over their household. This is the only program in the country that tackles the most destructive of adolescent behaviors. Classes are offered quarterly.

Parenting Program: \$50/person, EACH class, 16, 26, & 52 weeks English & Spanish LIVE via Zoom
Streets2Schools (Reduced rates and payment plans available) 916-629-3045
<https://www.s2sdvonline.com/>

A course for men and women that equips parents with tools to foster healthy relationships, improve communication, and strengthen family dynamics. It supports parents at all stages, including court-mandated participants and integrates CBT (Cognitive Behavioral Therapy) and ACT (Acceptance & Commitment Therapy) to promote lasting behavioral change.

Co-Parenting Websites/Apps for Tracking Parental Communication/Schedules

2 Houses	https://www.2houses.com/en/	\$14.17/month per family
AppClose	https://appclose.com/#main	\$8.99/month
CoParenter	https://www.coparenter.com/	\$12.99/parent per month
Fayr	https://www.fayr.com/app	Free version/\$9.99 per parent per month
OFW	https://www.ourfamilywizard.com/	\$9.17-24.99/month (scholarships avail.)
TalkingParents	https://www.talkingparents.com/	\$7-32/month

Co-Parenting Classes – Cursos de Co-Crianza

Parenting After Separation: FREE Online, self-guided English & Spanish 4-6 hour class

<https://pas.familieschange.ca.gov/> www.familieschange.ca.gov

Parents online co-parenting class partly designed by the California Judicial Council, with a certificate of completion. Co-parenting guide for download and/or printing. Website includes interactive Children's guide, Teen's guide.

Co-Parenting Online: \$49.99 or FREE with Court Fee Waiver English & Spanish 4-hour class

<https://www.onlineparentingprograms.com/online-classes/co-parenting-divorce-class.html>

A self-paced class focusing on the children's needs for separated parents. Parents will learn skills to avoid common mistakes and effectively work together with their co-parent.

Children In Between: \$71.95 or FREE with Court Fee Waiver English & Spanish 4-hour class

<https://online.divorce-education.com/>

A class in co-parenting skills and common co-parenting problems with guided questions and reinforcing quizzes and text reminders. Award-winning. Online, self-guided.

Children 1st: \$50/adult & \$25/child each class FREE w/grant English & Spanish 2, 1.5 hr. classes

Harmony at Home <http://harmony-at-home.org/programs/children-1st/> **831-625-5160**

A program for children age 5-18 and their parents going through divorce/separation; parents and children meet separately in their own small group. Parent groups focus on communication, conflict resolution, and cooperation. Child groups focus on processing feelings. Classes in Carmel, Salinas, or remote.

Kids First: \$50/person, EACH class, 16 weeks English & Spanish LIVE via Zoom **916-629-3045**

Streets2Schools <https://www.s2sdvonline.com/> (Reduced rates and payment plans available)

This is a comprehensive **Co-Parenting & Parallel Parenting Program** designed to help parents reduce conflict, improve communication, and prioritize the wellbeing of their children through structured, evidence-based interventions. The class focuses on accountability, skill development, and long-term behavioral change. Weekly evaluations track progress.

High Conflict Co-Parenting Classes – Cursos de Co-Crianza con Alto Conflicto

Parenting Without Conflict: \$139.99 or \$59 with Fee Waiver English & Spanish 12-hour class

<https://www.onlineparentingprograms.com/online-classes/high-conflict-and-anger-class.html>

The Parenting Without Conflict class is an online, self-guided skills training method beneficial for high-conflict parents, including parents dealing with domestic violence during and after separation. It's a unique, proven effective program, because it focuses heavily on the "4 Big Skills" of: Flexible Thinking, Managed Emotions, Moderate Behaviors, and Checking Yourself. Parties will learn basic skills and information about separation, family court, conflict, and parenting.

High Conflict Solutions: \$130 or \$25 with Fee Waiver English, only 8-hour class

<https://www.highconflictsolutions.com>

Designed to help protect children from conflict, by providing parents with skills to communicate effectively, learn calming strategies, and deal with common co-parenting conflicts. Highly interactive with text reminders to build on skills learned following each chapter. Impactful videos and customized quizzes increase learning and retention of new tools. Proven effective at reducing court time and repeat conflicts.

Adaptive Co-Parenting Skills: \$620 (payment plans & some scholarships) English & Spanish 6 Wks

High Conflict Resolutions, LLC · www.coparentingcoach.com · 858-229-6403 · **(LIVE via Zoom)**

For separated or divorcing parents in high-conflict co-parenting situations. This is a live, interactive, instructor-led course—not a self-paced video program—so parents practice skills in real time, with feedback and accountability. The research-informed, child-focused curriculum teaches parents to regulate their nervous system before responding, establish parallel-parenting structures that keep children out of the middle, communicate in low-conflict written form (SAFE™ and BIFF®), respond appropriately when children report concerns about the other parent, build stabilizing routines across two homes, and identify and revise conflict-creating areas of a parenting plan. Delivered live via Zoom, capped at 16 participants per cohort; co-parents are never placed in the same cohort.

Required FCS Parent Orientation Video – Requerido Video De Orientación De Padres

ENGLISH: <https://www.youtube.com/watch?v=wJOcjP5RikQ> SPANISH: <https://youtu.be/eqJBaExIsGA>

YouTube Clips about Co-Parenting – Videos de Co-Crianza por Youtube

Three sisters' pain

<https://www.youtube.com/watch?v=MyqteA5PxGU>

Little girl on the stairs

<https://www.youtube.com/watch?v=YsvQ7SsEFdQ>