

# **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 in Monterey County – Cursos de Crianza en el Condado\***

**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/services.html> 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/parent-project--junior---loving-solutions.html>

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/parent-project--senior---changing-destructive-adolescent-behavior.html>

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.

## **\*Co-Parenting Classes on the Web – Cursos de Co-Crianza en el Web\***

**Parenting After Separation:** FREE English & Spanish 4-6 hour class  
<https://pas.familieschange.ca.gov/> [www.familieschange.ca.gov](http://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:** \$39.99 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:** \$45.95 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.

## \*Co-Parenting Classes in Monterey County – Cursos de Co-Crianza en el Condado\*

**Children 1<sup>st</sup>: \$50/adult & \$25/child each class FREE w/grant** English & Spanish 2, 1.5 hr classes  
**Harmony at Home** <http://harmony-at-home.org/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.

## \*High Conflict Co-Parenting Classes on the Web – Cursos en el Web\*

**Parenting Without Conflict: \$99.99 or \$59 with Fee Waiver** English & Spanish 8 hour class  
<https://www.onlineparentingprograms.com/online-classes/high-conflict-and-anger-class.html>  
The Parenting Without Conflict class is a skills training method beneficial for high-conflict parents, including parents dealing with domestic violence during separation and divorce. 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 some very basic skills and information about divorce, 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.

## \*Co-Parenting Websites/Apps for Tracking Parental Communication/Schedules\*

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| <b>2 Houses</b>       | <a href="https://www.2houses.com/en/">https://www.2houses.com/en/</a>   | <b>\$12.50/month per family</b>                        |
| <b>Amicable</b>       | <a href="https://amicable.io/amicable-divorce-app/">https://amicable.io/amicable-divorce-app/</a>                     | <b>Free</b>  |
| <b>AppClose</b>       | <a href="https://appclose.com/#main">https://appclose.com/#main</a>   | <b>Free</b>  |
| <b>Co Parently</b>    | <a href="http://coparently.com/co-parenting-tools-free-trial">http://coparently.com/co-parenting-tools-free-trial</a> | <b>\$9.99/parent per month</b>                         |
| <b>CoParenter</b>     | <a href="https://www.coparenter.com/">https://www.coparenter.com/</a>   | <b>\$12.99/parent per month</b>                        |
| <b>Fayr</b>           | <a href="https://www.fayr.com/app">https://www.fayr.com/app</a>   | <b>\$99 per parent per year</b>                        |
| <b>OFW</b>            | <a href="https://www.ourfamilywizard.com/">https://www.ourfamilywizard.com/</a>                                       | <b>\$100 per parent per year</b> (scholarships avail.) |
| <b>TalkingParents</b> | <a href="https://www.talkingparents.com/">https://www.talkingparents.com/</a>   | <b>Free</b>  |
| <b>Truece</b>         | <a href="https://truece.com/">https://truece.com/</a>   | <b>\$99 per parent per year</b>                        |

Required FCS 30 Minute Parent Orientation Video - - Requerido Video De Orientación De Padres De 30 Minutos:  
ENGLISH: <https://www.youtube.com/watch?v=wJOcJP5RikQ> SPANISH: <https://youtu.be/eqJBaExIsGA>

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

**The Effects of Divorce on Children, Part I**  
<https://www.youtube.com/watch?v=8DacgPZaAF8>

**The Effects of Divorce on Children, Part II**  
<https://www.youtube.com/watch?v=82xYQZiO1Ko>

**Three sisters' pain**  
<https://www.youtube.com/watch?v=MyqteA5PxGU>

**Little girl on the stairs**  
<https://www.youtube.com/watch?v=YsvQ7SsEFdQ>