

In Person Class Times & Locations

St. Clair County Site

Children First Foundation
1909 Dublin Blvd., Suite B
Belleville, IL 62221

Classes are held as follows:
Second Friday of the Month 9am-1pm
or
Third Week of the Month on
Wednesday & Thursday Evening
6:00 pm - 8:00 pm must attend both
nights

Madison County Site

Madison County Kids' Corner
101 E. Edwardsville Road
Wood River, IL 62095

Classes are held weekly as follows:
First Friday of the Month 9am-1pm
Or
Second Week of the Month
Monday & Tuesday Evening
6:00 pm—8:00 pm must attend both
nights

Reservation Required for In Person
Classes
618-235-6192

Classes available online 24/7 at
www.children1stfoundation.net

Online class available in Spanish

Provided by

Children First Foundation

1909 Dublin Blvd., Suite B

Belleville, IL 62221

Toll Free: 888-805-9787

Phone: 618-235-6192

Fax: 618-235-4186

www.children1stfoundation.org



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**Children First
Foundation**

*helping parents help children through
divorce and separation*

PARENTING EDUCATION



The Children First Foundation was established in St. Clair County, Illinois in 1988 to help children and caregivers effectively adapt to divorce, separation, parental responsibility conflict, and parenting time exchange issues by creating services and products that address these issues.

The Children First Parenting Education Program was created and developed to “help parents help their children through divorce” by stressing the needs of children to their parents. The Foundation produces the Children First Parenting Education Curriculum and provides licensure to agencies and therapists in the U.S. and Canada so that they may provide the program for families in their areas.

The goal of this course is to help parents be better prepared to help their children effectively adapt to the many issues affecting them during periods of stressful family transition, resulting from divorce, separation, parental responsibility conflict and parenting time issues. The focus is on the child.

METHODOLOGY

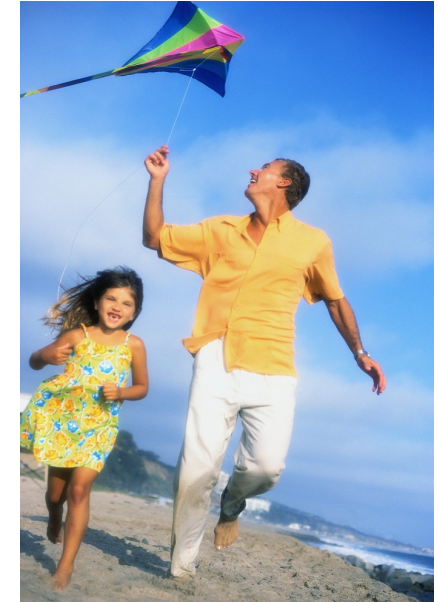
A Focus on Education:

- Video-based curriculum
- Real-life scenarios
- Professionally-led discussions
- Do’s and Don’ts for parents

PROGRAM OBJECTIVES

Parents will learn:

- how to ease the divorce/separation process for their children
- how to talk to their children w/o “badmouthing” the other parent
- how to take care of themselves during stressful times
- child developmental reactions to divorce and/or separation
- ways to help parents answer difficult questions from their children
- about mediation
- relaxation techniques
- conflict resolution
- how to avoid common problems
- how to move ahead after divorce



PROGRAM BENEFITS

A Focus on Family & Community:

- Increases parental support of children
- Reduces post-decree court appearances
- Licensed in over 30 jurisdictions in the U.S. & Canada
- 93% approval rating by participants.