

# Children 1st

## A Court Approved Parent Education Course for Families Affected by Divorce



Presented by:  
**Family Outreach<sup>®</sup>**  
Clear Lake/Bay Area

Family Outreach is a non-profit organization that strengthens family life and prevents child abuse through education and early intervention. In addition to the Children 1st course, Family Outreach Clear Lake/Bay Area offers the following programs to families in the community:

### **Parent Coaching**

In-home mentoring with parents experiencing child-related problems.

### **We Help Ourselves (WHO)**

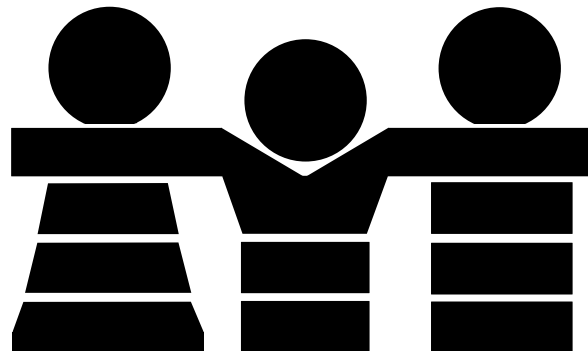
Teaches school children in the classroom how to recognize and protect themselves from violent and abusive situations and where and from whom to ask for help.

### **Community Awareness**

Public education and awareness about child abuse, prevention, good parenting, and the services offered by Family Outreach.

### **Parent Education**

Parenting Courses and educational seminars help parents better understand themselves and their children.



**Family Outreach<sup>®</sup>**  
Clear Lake/Bay Area, Inc.

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Suite 226

United Way Building  
Houston, Texas 77058

📞 281•486•8827

📠 281•282•6007

🌐 [www.familyoutreachclba.org](http://www.familyoutreachclba.org)

Name

Address

City

Home Phone

County of Divorce

State

Cell Phone

Cause Number

Court Number

Preferred Course Date  
(mm/dd/yyyy)

To register for this course send this completed form and a check for \$40.00 USD to Family Outreach, 1300-A Bay Area Boulevard, Suite 226, Houston, TX 77058 or register on-line and pay by VISA or Master Card at [www.familyoutreachclba.org](http://www.familyoutreachclba.org), click on  and reference Children 1st in the comments box.

*Children 1st*  
**Registration Form**

*Children 1st* is a court approved parent education course that will assist parents with divorce issues affecting their children and family life. The main focus of Children 1st is on the best interests of the children. Children 1st fulfills the requirement for the Parent Child Stabilization Course as defined in Sec. 105.001 of the Texas Family Law Code and a **Certificate of Completion** will be given at the conclusion of the course.

This course is offered twice each month in the United Way Building located at 1300-A Bay Area Boulevard, Houston, Texas 77058. Classes are generally held the:

- ❖ 2nd Saturday of each month  
9:00 AM-1:00 PM
- ❖ 4th Thursday of each month  
5:30 PM-9:30 PM

Please visit [www.familyoutreachclba.org](http://www.familyoutreachclba.org) for current course dates/times.



Registration and payment is required to attend. Payment is non-refundable but may be transferred one time.

*Children 1st* is an adult only course for parents concerned about the well being of their children during and after divorce, change in custody, remarriage or modification of court orders regarding care and custody of minor children. The course examines the consequences of divorce and the best interests of the children.

Course Goals:

- ❖ Examine effects of divorce on children.
- ❖ Explore developmentally appropriate responses of children to divorce.
- ❖ Explore common parental behaviors that are unhealthy for children, including parent alienation syndrome, and offer positive alternatives.
- ❖ Discuss positive co-parenting techniques including effective parenting plans.
- ❖ Explore the impact of family conflict on children.
- ❖ Explore the developmental needs of children during divorce.
- ❖ Examine changing and new family relationships.
- ❖ Examine and redefine communication patterns between parents during and after divorce.
- ❖ Examine the best interests of the children.



*Children 1st* teaches parents how to:

- ❖ Understand the effects of divorce on both children and adults.
- ❖ Identify interpersonal parental behaviors that are unhealthy for children.
- ❖ Identify how to meet the specific needs of their children during divorce.
- ❖ Define ways to incorporate the children's needs into their post divorce interactions.
- ❖ Identify community resources that can aid parents post-divorce in dealing with unresolved issues.

### Why Take The Course?

*"I am totally caught in the middle. I wish they would just leave me alone!"*

Maya • age 9

*"Mom and Dad made me choose who I want to be with, I decided to choose no one.... Just leave me alone!"*

Koy • age 14

*"I always had to defend Dad because Mom is so angry... and my brothers always defend dad ... so now I hate my brothers. Why can't kids be Switzerland?"*

Robin • age 17