

# Meeting in the Middle

## 2017 Schedule

Once per month on Tuesday

4:00 pm - 8:00 pm

January 10, 2017

February 7, 2017

March 14, 2017

April 11, 2017

May 9, 2017

June 13, 2017

July 11, 2017

August 8, 2017

September 12, 2017

October 10, 2017

November 14, 2017

December 12, 2017

January 9, 2018

Classes are at the Dixon Office of  
Sinnissippi Centers  
(325 Illinois Route 2)

Please enter at the door marked  
"SOUTH"

To schedule call 815-284-6611  
and ask to register for "DPE class"

# Sinnissippi Centers Office Locations

## Dixon

325 Illinois Route 2, Dixon, IL  
(815) 284-6611  
Toll free 800-242-7642

## Mt. Carroll

1122 Healthcare Drive, Mt. Carroll, IL  
(815) 244-1376  
Toll free 866-244-1376

## Oregon

100 Jefferson Street, Oregon, IL  
(815) 732-3157

## Rochelle

1321 N. 7th Street, Rochelle, IL  
(815) 562-3801  
Toll free 888-562-3801

## Sterling

2611 Woodlawn Road, Sterling, IL  
(815) 625-0013  
Toll free 800-782-1584

24-hr crisis services  
800-242-7642



*Sinnissippi Centers, Inc. is funded in part by  
the Illinois Department of Human Services*



Sinnissippi Centers is accredited  
by The Joint Commission and a  
recipient of the Commission's Gold  
Seal of Approval.



# Meeting in the Middle

A Divorced Parent  
Education Program

## 2017 Schedule inside

MUST CALL BEFORE GROUP  
TO REGISTER

MAY NOT JOIN GROUP IF MORE  
THAN 15 MINUTES LATE



**SINNISSIPPI CENTERS**  
Providing care, offering hope

325 Illinois Route 2  
Dixon, Illinois 61021

**815-284-6611**

**www.sinnissippi.org**

## The Impact of Divorce

Each year, divorce affects more than 1.5 million children in the United States. Research indicates that the most severe and long-standing negative consequence of divorce for children is the experience of parents' on-going conflict and lack of cooperative parenting.

## Meeting in the Middle

Each circuit or county court in Illinois is mandated to have an approved parenting education program consisting of at least four hours, covering the subjects of visitation and custody, and their impact on children.

To meet this mandate, Sinnissippi Centers offers Meeting in the Middle. This four hour group meets the Parenting Education Requirement of Rule 924.

Meeting in the Middle is based on the model program, Children in the Middle. This skills-based divorced parenting program helps children and parents deal more constructively with the impact of divorce.



## Cost

The complete four-hour series of Meeting in the Middle is \$50.00.

## Course Content

### Section 1 (4:00pm - 5:45pm)

The first two hours covers topics such as the range of possible negative effects of divorce on children's adjustment, emotional dynamics of divorce for parents, signs that children may be struggling to adjust, recommendations for effective co-parenting, and improved communication with your child's other parent. Video examples are used for illustration and discussion during sections 1 and 2.

### Section 2 (6:00pm - 8:00pm)

The second part of the curriculum covers the impact of chronic stress and conflict on children's emotional, social and physical development, common co-parenting problems, core components of a parenting plan, and age-appropriate visitation considerations. Post separation or divorce issues of self-care, dating, when and how to introduce your child to new partners are also discussed.

## Meeting in the Middle

Dates: Tuesday once per month  
Time: 4:00-8:00 p.m.  
Facilitator: Shannon Dean, LCPC, QMHP  
Location: Sinnissippi Centers  
325 Illinois Route 2  
Dixon, IL 61021

- Meeting in the Middle is provided at Sinnissippi's Dixon office Training Center.
- Cost is \$50.00
- Payment for Meeting in the Middle is made the day of service by cash, check or credit card

As part of Meeting in the Middle program parents will:



- Learn how loyalty conflicts between parents harm their children
- Develop an understanding of the issues of visitation and custody and their impact on children
- Improve direct communication between parents instead of using children as messengers
- Enhance understanding of the effect divorce has on adults and children
- Learn communication and conflict resolution skills to improve co-parenting relationships
- Increase parental support and recognition for children's need to have a relationship with both parents
- Decrease children's exposure to parental conflict

Upon completing Meeting in the Middle, Sinnissippi Centers will provide a letter of completion to the appropriate parties.

For **MORE INFORMATION** call  
**815-284-6611**

and ask to register for "DPE Class"