



Meeting in the Middle

A Divorced Parent
Education Program

2019 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

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

2019 Schedule

Once per month on Tuesday

4:00 pm - 8:00 pm

January 8, 2019

February 12, 2019

March 12, 2019

April 9, 2019

May 14, 2019

June 11, 2019

July 9, 2019

August 13, 2019

September 10, 2019

October 8, 2019

November 12, 2019

December 10, 2019

**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"

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: Matthew Severing, MAPsy,
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, Smississippi 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"