

YOLO SUPERIOR COURT
CO-PARENTING EDUCATION
JANUARY 9, 2023

*This list is maintained solely as a service to Yolo Family Court participants and does not constitute an endorsement or recommendation by the Court. You should contact the resources directly to confirm current credentials, experience, practice focus, pricing, and availability.

The Co-Parent Educator offering instructive services in a classroom setting are considered educational as opposed to treatment oriented and are regulated in part by the California Commission on Teacher Credentialing if they provide services sanctioned and supervised by a public school district. Other providers offering classroom services for Co-Parent Education must be sanctioned and supervised by a licensed mental health provider, such as Kaiser Permanente or the County Department of Health and Human Services, or they must possess an advanced degree (Bachelor level or above) in psychology, sociology, or marriage and family systems.

Any provider offering co-parent education for clients referred from Family Court must address at least the following core topics of co-parenting:

- Impact of separation and divorce on children
- Children’s reaction to separation and divorce at each developmental stage
- Impact of post-separation or post-divorce conflict on children
- Understanding anger and its effect on children
- Keeping children out of the middle of parental conflict
- Emotional divorce and grief: Redefining relationships and roles as parents
- Establishing a “business” relationship as co-parents
- Parenting styles
- Co-Parenting basics
- Provide examples of effective and ineffective communication in common co-parenting situations

YOLO SUPERIOR COURT CO-PARENTING EDUCATION

*This list is maintained solely as a service to Yolo Family Court participants and does not constitute an endorsement or recommendation by the Court. You should contact the resources directly to confirm current credentials, experience, practice focus, pricing, and availability.

Organization	Services Offered	Contact
<p>WynSpring Family Resource Center</p> <p>2211 Park Towne Circle, Suite 4 Sacramento, CA 95825</p>	<p><i>Nurturing Parenting class</i> Course length: 21 weeks, 4 to 5 lessons per week</p> <p><i>Co-Parenting Education class</i> Course length: 8 weeks, 1-hour lessons</p> <p><i>Cooperative Parenting and Divorce class</i> Course length: 8 weeks, 1-hour lessons</p> <p>Intake fee: \$50/person Class fee: \$50 Materials: \$20-\$30</p> <p><i>Other Services:</i> Reunification Services Therapeutic Therapy Family Support Services</p>	<p>Phone: (916) 480-0280 Contact: Darlene K. Aiello</p> <p>Email: admin@wynspringfamily.org</p> <p>Website: www.wynspringfamily.org</p>
<p>Northern California Breakthrough Parenting</p> <p>194 W Main Street, Suite 201 Woodland, CA 95695</p>	<p><i>Co-Parenting without conflict 'PWOC' class</i> Course length: 8 hours in person & 2 hours online Class fee: \$175-\$200 (materials included)</p> <p><i>Ages and Stages class</i> Course length: 12 weeks Class fee: \$75-\$175 Materials: \$35</p>	<p>Phone: (530) 632-2800 Contact: Christy L. Bodily</p> <p>Email: norcalbreakthroughparenting@gmail.com</p> <p>Website: www.norcalparenting.com</p>
<p>Dr. Krystal Piumatti</p>	<p>Provides reunification therapy, and co-parenting conflict management.</p> <p>Intake fee: \$50 Sliding scale available.</p>	<p>Phone: (530) 419-5839 Contact: Krystal Piumatti</p> <p>Website: www.psychologytoday.com</p>

YOLO SUPERIOR COURT

CO-PARENTING EDUCATION

*This list is maintained solely as a service to Yolo Family Court participants and does not constitute an endorsement or recommendation by the Court. You should contact the resources directly to confirm current credentials, experience, practice focus, pricing, and availability.

Organization	Services Offered	Contact
<p>Redefining You Therapy</p> <p>3105 1st Avenue, Suite A Sacramento, CA 95817</p>	<p>Co-Parenting Class Course length: 12 weeks, 45-50-minute sessions Class fee: \$100 per session (\$50 per parent)</p> <p>Other Services: Co-Parenting Counseling</p>	<p>Phone: (916) 956-6232 Contact: Ola R. Adams-Best OR Phone: (916) 216-1166 Contact: Peter Best</p> <p>Email: info@redefiningyouthreapy.com</p> <p>Website: www.redefiningyouththerapy.com</p>
<p>Horizon Family & Community Services</p> <p>3960 Industrial Blvd. #200 West Sacramento, CA 95691</p>	<p>Offers: Parenting Skills Class Co- parenting Counseling</p> <p>Intake fee: \$50 per person for interview/orientation for all parents and children (old enough to participate)</p>	<p>Phone: (916) 752-8965 Contact: Jalena Rusaw</p> <p>Email: admin@horizoncounseling.org</p> <p>Website: www.horizoncounseling.org</p>
<p>Online Parent Class by AJ Novick Group, Inc.</p> <p>333 Third Street, Suite 4 Laguna Beach, CA 92651</p>	<p>Course Lengths: 2, 4, 6, 10, 12, 16, 26 hour</p> <p>Parenting and Co-Parenting Courses-</p> <ul style="list-style-type: none"> • Assertive Communication for Parents • Empathy training for Parents and Co-Parents • Parenting styles • Boundary and Limit Setting • Co-parenting Teamwork/Challenges • Co-Parenting plan • Rewards and Discipline for children 	<p>Phone: (949) 715-2694</p> <p>Email: www.ajnovickgroup.com/contact</p> <p>Website: www.ajnovickgroup.com/parenting/online-classes</p>

YOLO SUPERIOR COURT

CO-PARENTING EDUCATION

*This list is maintained solely as a service to Yolo Family Court participants and does not constitute an endorsement or recommendation by the Court. You should contact the resources directly to confirm current credentials, experience, practice focus, pricing, and availability.

Organization	Services Offered	Contact
<p>Able 2 Adjust Inc.</p> <p>Target: Divorcing, separating, never married parents or for parents seeking a modification.</p> <p>Target: Divorcing, separating or never married parents in conflict or contested cases.</p> <p>Target: Adults ages 18+ w/children.</p> <p>Target: Adults ages 18+ in risk situations.</p> <p>Target: Children of divorcing, separating or never married parents.</p> <p>Target: Parent/Children of divorcing, separating or never married parents ages 5-18.</p> <p>Target: Individuals struggling with anger, addiction, or mental health conditions</p> <p>Target: Divorcing, separating or never married parents in conflict or contested cases</p>	<p><i>Co-Parenting/ Divorce Class (Level 1)</i> Course length: 2, 4, 6, 8, 10, 12 hours</p> <p><i>Co-Parenting Without Conflict (Level 2)</i> Course length: 6, 8, 12, 16 hours</p> <p><i>Parenting Skill- Foundations (Level 1)</i> Course length: 12, 24 hours</p> <p><i>Parenting Skills- Thrive (Level 2)</i> Course length: 2, 12 hours</p> <p><i>Children of Divorce Coping with Divorce Class “CoD-CoD”</i> Course length: 4 hours</p> <p><i>Parent- Child Class</i> Course length: 4 hours</p> <p><i>High-Conflict Behavioral Skills Training</i> Course length: 12 hours</p> <p><i>New ways for Families</i> Course length: 6, 8, 12 hours</p>	<p>Phone: 1(866) 504- 2883</p> <p>Email: support@able2adjust.com</p> <p>Website: https://able2adjust.com</p>

YOLO SUPERIOR COURT CO-PARENTING EDUCATION

*This list is maintained solely as a service to Yolo Family Court participants and does not constitute an endorsement or recommendation by the Court. You should contact the resources directly to confirm current credentials, experience, practice focus, pricing, and availability.

Organization	Services Offered	Contact
<p>Life Cycles Coaching & Therapy</p> <p>725 Main Street Woodland, CA 95695</p> <p>Languages: Spanish, English, Indian Middle Eastern</p>	<p>Offers: Parenting Counseling Co-Parenting Classes Fatherhood Classes</p> <p>Course length: 6- 12 weeks Class fee: \$50per adult (Sliding scale available) Materials: TBD</p>	<p>Phone: (916) 820-5140 Contact: George Washington</p> <p>Email: George@lifecyclescoaching.org</p> <p>Website: http://lifecyclescoaching.org/</p>
<p>Away With Anger Management (Online-Zoom only)</p> <p>Sacramento, CA 95828</p>	<p>Co-Parenting class</p> <p>Course length: 10-12 weeks Registration fee: \$50 Class fee: \$165</p>	<p>Phone: (916) 230-0949 Contact: Gwendolyn Onuoha</p> <p>Email: awaywithanger@yahoo.com</p> <p>Website: www.awaywithanger.wixsite.com</p>