



Parent/Community Forum

Helping Youth Cope with Their Parent's Divorce and/or Remarriage

May 2, 2019

**Sonoran Trails Middle School Library
5555 East Pinnacle Vista Drive, Phoenix, 85054
6:30-8:00PM**



Many kids today experience their parent's divorce, and sometimes also a remarriage, and there is a lot of adjustment involved in both. This workshop addresses how these experiences can be difficult for youth and also looks at them from a strengths perspective. While each child's experience is unique, it can be helpful to understand some common emotional and behavioral responses to divorce and remarriage at different ages, and discuss how parents can develop strategies to use these challenging life experiences to help youth develop coping skills, increase resilience, and create strong families.

Please click here to RSVP to this FREE Parent/Community Forum or contact Gina Durbin at 480-575-2026 or email gdurbin@ccusd93.org.

About the presenter:



Barb Iversen has provided professional development and parenting education on a statewide basis for the past 25 years. Barb teaches in Phoenix Colleges' Child & Family Studies Program and is a Family Life Coach and Certified Adolescent Health Trainer. Barb worked at the Arizona Department of Education with a focus on sexual health and mental health issues, provided statewide parenting programs for the Arizona PTA, and worked with families and youth in a private counseling practice. She developed the content for many trainings, including *Demystifying Adolescence*, *Talking with Teens: Adult-Adolescent Communication*, and *Trauma-Informed Schools*. Barb Iversen has a B.S. in Psychology and a Masters Degree in Counseling. barbiversen@cox.net

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