



The New Beginnings Program

For Parents who are Divorcing or Separating

The New Beginnings Program is a 10-week parenting course aimed at enhancing the parent-child relationship following parental divorce or separation.

The New Beginnings Program teaches parents skills to help their children adjust to their new family environment. Specific skills taught include:

- **Building more positive interactions.**
- **Communicating and listening effectively.**
- **Using effective discipline.**
- **Keeping children out of the middle of conflict.**

Three longitudinal research studies have shown that the program improved parenting skills and reduced children's mental health problems. Positive results have been reported at 6-months, 6-years, and 15-year follow-ups and include:

- **Better relationships with their parents.**
- **Reduced aggression.**
- **Reduced emotional problems.**
- **Higher self-esteem.**
- **Better grades.**
- **Less substance use and abuse.**
- **More positive attitudes toward parenting their own children.**
- **Less involvement with criminal justice system.**

The program is delivered in a group setting with mothers and fathers in separate groups. Each week a new skill is taught and home practice is assigned. Effectiveness of the program is strongly related to doing the home practice.

Sessions occur weekly and last for 2 hours. In addition, there are 3 individual phone calls during the course of the program.

Contact Leger Counseling at (832)773-4638 or email at Jessica@legercounseling.com for more information and/or to register.