



Sharing the Nest

Parenting and Living Under the Same Roof When Your Marriage is in Doubt

How to temporarily live and parent under the same roof

...when you've decided to separate/divorce but you can't afford to

...when you want to give your children time to adjust in one home

...when you aren't sure yet about the future of your relationship

...when you need some emotional space to think things through

- This program is designed for parents who can talk to each other, make and keep agreements, and have basic trust in each other's parenting skills.
- Goal: to stabilize your family through a short-term (about four 90-minute sessions), highly structured program. You will learn how to create:
 - Structure, safety and predictability for the children
 - Security of attachments to both parents
 - On-duty, off-duty parenting
 - Increased trust through written agreements
 - Ways to deal with inevitable challenges
- In this program you will establish communication guidelines, ground rules, and boundaries (including division of space). You will develop a written parenting plan, and learn practical co-parenting tools, using strengths-based, custom-fit interventions. Printed materials are included in the fee.
- How to sign up and what to expect:
 - Brief phone interview to see if the program is right for you. Questionnaires will be emailed to be completed and returned prior to the initial meeting.
 - Orientation meeting (Session 1) with you and your spouse/partner together, with clear goals established. We will provide other referrals (e.g., therapists, attorneys, mediator, parenting support classes) as needed.
 - Sessions 2-3: We will work on your unique situation, and give you homework to develop your specific plan.
 - Session 4: Review your homework, clarify mutual understandings, and polish the parenting plan. Record your commitments/agreements in writing.
 - Two planned follow-up meetings (e.g., in 6 and 12 weeks).
 - Cost: \$250 per 90 minute session.