



# Helping Parents So Kids Can Be Kids

## Program Guide

### How We Help

- **Navigating Family Change Seminar** (English and Spanish basic class)
- **Advanced Issues in Co-Parenting** (for high conflict cases)
- **Co-Parent Counseling** (brief/six sessions)
- **Parenting Coordination** (intensive assistance to prevent repeat litigation)
- **Reunification Therapy** (to assist estranged parents to reconnect with their children)

### Our Mission

**O**ur mission is to educate families and provide appropriate resources and therapeutic interventions to help them navigate the difficulties that accompany family change, such as those associated with divorce or family restructuring.

CNFC is committed to staying abreast of the latest and most relevant research that impacts families in transition. We are also committed to providing the highest quality educators, parenting coordinators, and therapists to sensitively assist parents and children in achieving success and growth in their new way of life.

### What We Do

We are a 501(c)3 organization that provides [\*Navigating Family Change\*](#), the required court-ordered basic seminar for families in transition in Gwinnett and DeKalb counties in Georgia. We also provide the seminar in Spanish and present a court-ordered [\*Advanced Issues in Co-Parenting\*](#) workshop in Gwinnett County for high conflict cases.

In addition to educating parents, CNFC professionals are trained as Parenting Coordinators, Co-Parent Counselors and Reunification Therapists to help co-parents learn valuable skills and tools to parent their children effectively without conflict.



### FOR MORE INFO:

Web site:

[www.cnfc.org](http://www.cnfc.org)

E-mail:

[info@cnfc.org](mailto:info@cnfc.org)

Phone:

404-592-1257

## How We Get Involved

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**M**ost clients come to us by way of a court order. Typically, parents who are getting a divorce, legitimizing a child, or modifying custody are ordered by Gwinnett and DeKalb courts to attend our basic *Navigating Family Change* seminar. However, anyone may attend the basic seminar by registering at [www.gwinnettcourts.com/court-programs/parenting-seminar.aspx](http://www.gwinnettcourts.com/court-programs/parenting-seminar.aspx) or at [www.dekalbsuperiorcourt.com/parenting-seminar](http://www.dekalbsuperiorcourt.com/parenting-seminar). Anyone can attend this four-hour seminar. Cost is \$40/person.

Parents who are high conflict or who have returned to the court system for a custody modification in Gwinnett County may also be ordered to our *Advanced Issues in Co-Parenting Workshop*. Anyone can attend this four-hour workshop. Cost is \$60/person.

Clients who come to us for *Co-Parent Counseling, Parenting Coordination, or Reunification Therapy*, are sometimes ordered to do a *Conflict Assessment* with CNFC first to determine what type of intervention is best for them. CNFC then recommends customized details to help each particular family get the help they need. A court order typically follows to begin the process.

It is best to speak to your attorney, if you have one, to discuss how CNFC can help. He or she can access a copy of the standard *Conflict Assessment Order* on our web site at [www.cnfc.org/information-for-professionals](http://www.cnfc.org/information-for-professionals) to get you started on the path to healing!

## Donate to Scholarships for Low-Income Families

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The court process is often financially draining. Many times, parents finalize their parenting plan and do not have resources left to get valuable co-parenting assistance. CNFC understands this and is actively involved in seeking private funding and grant assistance to provide our therapeutic interventions using a sliding scale.

CNFC will provide scholarships on a first-come, first-serve basis as long as funds are available. To

insure we can continue to offer these services to everyone who needs them in the community, please take time to make your TAX-DEDUCTIBLE donation by visiting our web site. No child should have to worry about adult issues. Kids deserve to simply be kids!

[www.cnfc.org/giving](http://www.cnfc.org/giving)

## What Co-Parent Intervention is Right for You?

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**T**here are two types of interventions to assist co-parents, and the one you choose depends on the level of conflict and the need for ongoing assistance and accountability:

### Co-Parent Counseling

- Appropriate when there is low-moderate conflict
- Short-term intervention (4-6 sessions, with a combination of individual and joint meetings) that is voluntary or may be court-ordered
- Goal is to help co-parents move from their prior emotional/romantic relationship to a more practical, business-like mode of communication.
- Process is **confidential** and counselor is not expected to testify or report to the court at any point in the future.

### Parenting Coordination

- Appropriate for moderate-high conflict situations in which other methods of dispute resolution have not been successful.
- Long-term intervention (6-18 months, with initial individual sessions, followed by joint sessions), that is most often court ordered
- Goals are to provide a foundation for structured communication, in which co-parents learn respectful boundaries, and how to negotiate necessary issues, while letting go of those that only serve to promote ongoing conflict.
- Process is **NOT confidential** and coordinator may testify or report to the court, depending on the parameters of the court order.
- Parenting coordinator does not make *decisions* about custody or parenting time, but will make *recommendations*, in the spirit of the court ordered parenting plan, regarding issues the parents are not able to negotiate successfully.

### Reunification Therapy

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**F**or parents who are estranged from their children due to parental alienation, substance abuse, incarceration or abandonment, we offer Reunification Therapy, which is customized to each individual case. An initial assessment is conducted to determine HOW the process will unfold (not IF), followed by a detailed written treatment plan and appropriate interventions. A court order is necessary for us to get involved and, ideally, a guardian ad litem in place to help manage the complexities of these types of cases. Sometimes the goal of RT is to simply to bridge the relationship gap between parent and child, and in others, it is to restore a parent to a set visitation schedule recommended by the court.

## Meet the Professionals

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### **Diane Dierks, LMFT, CFLE**

#### **Executive and Clinical Director**

Diane has been directing CNFC since 2002. She's transformed the court-ordered Navigating Family Change seminars and Advanced Co-Parent workshops to reflect contemporary issues that face co-parents and children of divorce in today's complicated world. Diane also has a private therapy and consulting practice in Lawrenceville.

### **Dr. Richard Voyles**

#### **Education Director and Parenting Coordinator**

Rick has been co-presenting our court-ordered Navigating Family Change seminar and Advanced Co-Parent workshop for several years in Gwinnett and DeKalb counties. He is also a parenting coordinator and owns the Center for Dispute Solutions, a mediation training firm. Rick sees clients in Lawrenceville, Sandy Springs and Decatur.



### **Dr. Alejandro "Alex" Navarrete**

#### **Parenting Coordinator and Spanish Seminar Presenter**

Alex has been working with CNFC as the lead Spanish Navigating Family Change presenter for many years. He owns the Counseling Institute of Atlanta in Norcross, where he employs numerous therapists who work closely with the Hispanic community in all areas of individual and family therapy.

### **Additional staff members include:**

**Laura Cochling, LPC**, Parenting Coordinator, NFC Seminar Presenter and Reunification Therapist

**Theresa Nash, MA**, NFC Seminar Presenter

**Sherri Rawsthorn, LCSW**, Parenting Coordinator, Advanced Workshop Presenter, and Reunification Therapist

**Janae Combs, LPC**, Parenting Coordinator and NFC Seminar Presenter

**Maria Londono**, NFC Spanish Seminar Presenter

**Dan Feldman, LPC**, Parenting Coordinator and NFC Seminar Presenter

**Annie Garry, LCSW**, Parenting Coordinator

For more information about our professionals, visit [www.cnfc.org/staff](http://www.cnfc.org/staff).