

Why It Matters

Why This Class Is Important

Children *thrive* when parents work together - even after separation.

Potential Benefits to Your Family:

- Lower stress for your child(ren)
- Improved parental cooperation
- Reduced court conflict
- Stronger family transitions

This encourages **positive parenting, accountability, and child-first thinking.**



DISPUTE RESOLUTION SERVICES DEPARTMENT OF JUDICIAL SERVICES OFFICE OF THE EXECUTIVE SECRETARY

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*Empowering parents and caregivers with
tools and knowledge to support children's
well-being through effective
co-parenting.*



PARENT EDUCATION SEMINARS

IN VIRGINIA'S COURTS



Office of the Executive Secretary
Supreme Court of Virginia

Key Topics Covered

What You Will Learn

- **Effects of Separation or Divorce on Children**
 - Understand how children of all ages are impacted
 - Provide stability and reassurance
- **Financial Responsibilities**
 - Gain clarity on child-related expenses
 - Learn general information about child support calculations
- **Healthy Communication Skills**
 - Discover new communication tools for respectful dialogue
 - Avoid responses that cause confusion or conflict
- **Conflict Resolution Strategies**
 - Manage disagreements
 - Exercise conflict de-escalation techniques
- **More Essential Topics**
 - Reduce child exposure to adult issues
 - Recognize signs of stress in children
 - Explore parenting plans

Program Overview

What are the Parent Education Seminars?

The Parent Education Seminars are a court-required 4-hour class designed to support parents and guardians going through separation, divorce, or custody disputes, pursuant to Virginia Code Sections 16.1-278.15.15 and 20-103. **Providers are approved by the Office of the Executive Secretary.**



The seminar provides essential guidance to help families:

- Reduce the negative impact of conflict on children
- Promote emotional wellness
- Foster co-parenting cooperation

Participation Details

Length: 4 Hours

Locations: In-person and virtual options available with approved providers

Certification: Proof of attendance provided for court submission

[Find a Parent Education Seminar](#)



Who Should Attend?

Parents of minor children in contested custody, visitation, or support cases

Guardians or caregivers involved in legal parenting decisions