



## To Register for FOCIS:

Call Family Justice Services for dates and times.

Calgary: 403-297-6981

Edmonton: 780-644-5092

Elsewhere in Alberta: 403-340-7187

Dial 310-0000 first for toll free access in Alberta.

## Family Justice Services

Family Justice Services are a group of programs and services offered by Alberta Justice in collaboration with the courts of Alberta. Family Justice Services works directly with individuals and also with the judges of the Provincial Court and Court of Queen's Bench to help people get appropriate solutions for their family law issues.

Visit [www.albertacourts.ab.ca](http://www.albertacourts.ab.ca).

For further information call:

Calgary: 403-297-6981

Edmonton: 780-427-8343

Elsewhere in Alberta: 403-340-7187

Dial 310-0000 first for toll free access in Alberta.

## FOCUS ON COMMUNICATION IN SEPARATION 'FOCIS'

Family Justice Services invites parents who live apart to attend a no cost communication course.

Family  
Justice  
Services



Government  
of Alberta ■

## Help your children get out of the middle

### Focus on Communication in Separation 'FOCIS'

#### Who

For parents parenting apart

#### What

A voluntary six hour communication class

Course topics include:

- Impact of parental conflict on children
- Speaking skills
- Anger
- Mindsets
- Listening Skills
- How people behave in conflict
- Perception

#### Cost

No cost

#### When

Offered monthly

## Learn to communicate with the other parent for your children's sake!

- Learn to communicate effectively while parenting apart.
- Reducing tension from conflicts will result in less stress for both you and your children.
- Ongoing conflict between parents can have a long lasting negative effect on children of separation or divorce.
- You can help your children by showing them that people don't have to argue to get their ideas across.

Alberta Justice also offers a course called Parenting After Separation (PAS). This no cost workshop is to assist parents in understanding the process and effects of separation and to encourage parents to make positive choices about how they will continue to parent their children after separation.

