

What skills might I learn from a co-parent coach?

- Using I-statements to communicate concerns and reduce defensive posturing
- Letting go of the past
- Realigning my relationship with my co-parent as “business partners”
- Helping my child avoid loyalty binds and feeling caught in the middle
- Managing anger / regulating emotions
- Defusing rather than fueling conflict
- Focusing on my child’s best interest rather than taking a position of self interest
- Negotiating a win-win agreement

Dedicated to serving the families and children of Medina County



Contact Us

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Co-Parent Coaching & Assessment



Medina County Domestic Relations Court

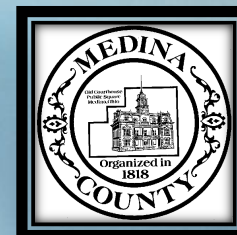
Family Court Resources

NOTICE

This pamphlet was created to help you understand your options for dispute resolution but NOT to advise you about the law.



Judge Julie A. Schafer
Medina County
Domestic Relations Court
99 Public Square
Medina, OH 44256



Medina County Domestic Relations Court is pleased to offer parents an effective and unique dispute resolution tool – ***Co-Parent Coaching & Assessment***.

What is Co-Parent Coaching?

Co-Parent Coaching (CPC) is a child-focused educational process to help parents develop and enhance co-parenting communication and dispute resolution skills while learning to keep their kids out of the middle of their conflicts.

How do co-parent coaches help families and the court?

The co-parent coach is a court-employed highly trained mental health specialist who works with parents to minimize conflict between them, teach communication and conflict resolution skills, and guide the parents to maximize their parenting abilities, which results in fewer court filings / disputes.

Co-parent coaches may also assess the relationship between the parents and impact on their children, which is summarized for the court to help determine the best interests of the child(ren).

How do I know if Co-Parent Coaching is right for me / my client?

- CPC is for parents who struggle to communicate and are in constant conflict.
- CPC is most effective with parents who are open and willing to learn new skills and want what is best for their children.
- CPC is NOT for cases wherein the process may compromise the safety of either party or the child.
- CPC is NOT for parents who need someone (such as a Parenting Coordinator) to make decisions for them.

How does the Court assign a co-parent coach to my case?

The court may order and refer your case for co-parent coaching & assessment on its own or upon request by either party or an assigned Guardian ad litem.

How much does CPC cost?

CPC is currently being offered free to qualifying parents as deemed appropriate by the Court to receive Co-parent Coaching & Assessment services.

What are the benefits of Co-Parent Coaching?

- Less expensive and not as intrusive as Parenting Coordination or a GAL
- Less time spent and stress caused by repeated court filings and appearances
- Aids in protecting children from the damage caused by litigation or being caught in the middle of parental conflict
- Assists parents with learning how to resolve conflict on their own
- Reduces the dependence on the court or other professionals to resolve future conflicts

