



# CHILDREN 1<sup>ST</sup>

## CONTACT

*Community Services*

Advocate. Counsel. Teach.

A six-hour class  
to help you put your  
**Children 1<sup>ST</sup>** during  
a custody dispute

*Custody disputes, separations or divorces are toughest on kids.  
It's your job to protect them.*

# During a custody d put your

**Learn how to help your children with Children 1<sup>ST</sup>, a six-hour educational program about the emotional and legal issues that affect children's well-being during this very complicated time for families.**

## **Who should take the class?**

Children 1<sup>ST</sup> is for any parent going through a custody dispute or for other caregivers concerned about the children in such a situation.

The class is invaluable for parents to take before a conflict escalates or before becoming involved with the courts. However, many attendees have been mandated by a court or referred by a lawyer, therapist or teacher.

## **Class topics include:**

- How divorce affects your children
- How to lower their stress and fears
- Talking to children about family changes
- Parenting plans that help and protect children
- How your anger and pain may affect your parenting
- Forming healthy step-families, relating to new partners
- How the law and the courts work in custody, visitation and support cases
- Alternatives to court proceedings
- Violations of court orders, domestic violence and child abuse
- Community resources for parents and children

# Dispute, Children 1<sup>ST</sup>

## Registration

Class fee is \$65.

### **Registration is by phone only.**

Call Contact

Community Services:

(315) 251-1400 ext. 132

Class location and directions are provided only after payment is received. If you miss your assigned class, you may take another class, but we are unable to issue refunds.

Parents involved in a custody dispute must attend separate classes.

***Limited funds are available for full or partial scholarships based on financial need.***

## A Bill of Rights for Kids

- We should be able to choose when to visit the non-custodial parent without guilt, and without parents fighting about it.
- No lectures about why the split occurred.
- Don't use us as a tool against the other parent.
- Don't fight in front of us.
- Don't lie to us.
- We shouldn't have to like your new boyfriend/girlfriend. Let us make our own decisions about this person in our own good time.
- Don't talk to us about money. We feel like there's a price tag over our heads. Work out the financial problems on your own or with the lawyers.
- It's unfair to make us, or ask us to collect the child support.
- Expensive gifts don't necessarily show that you love me. Simple gifts tell a lot more.
- Don't play favorites with our brothers and sisters.
- We should have a lawyer of our own, one who is concerned about us and is not a family friend.

—By CNY seventh-graders

Supporting the social, emotional, behavioral and mental health of children, youth and families in Central New York through school and community advocacy, counseling, and teaching/consulting.

## Your 24–Hour Resources

**Contact Hotline 315-251-0600**

[In Cayuga County call 877-400-8740]

Confidential counseling and suicide/crisis intervention

**Mental Health Connection 315-445-5606 or [contactsyracuse.org](http://contactsyracuse.org)**

Mental health information/referral

**Helpline 315-435-8300 or [ongov.net/helpline](http://ongov.net/helpline)**

Human services information/referral for Onondaga County

Call or visit our website for more information about school and community programs and trainings, or volunteer opportunities.

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

Contact Community Services, Inc.

6311 Court Street Road

East Syracuse, NY 13057

Business Office: 315-251-1400

[Contact@contactsyracuse.org](mailto:Contact@contactsyracuse.org)

**CONTACT**  
*Community Services*  
Advocate. Counsel. Teach.



United Way  
of Central New York

A United Way Agency