

Children In The Middle, a class for any parent who shares custody of his/her children, will be offered in Haywood County on October 28 and 29, 2009. This class will be from 6:00 to 8:30 PM at St. Andrews Episcopal Church education building (next to the church) in Canton. This class is two sessions - Wednesday and Thursday - and a certificate of completion is given to all participants who attend both sessions. The class is free and open to anyone but registration is required so there will be enough class materials for all participants.

Children In The Middle is a program that was developed to reduce children's experiences with loyalty conflicts that often develop in shared custody situations. It is based on research that identified the most common and stressful loyalty conflicts children experience in these situations, conflicts of which most parents are unaware. The program uses video clips to show these conflict scenarios and then to show some better ways to handle the situations. By making parents aware that they place their children in loyalty binds, and teaching them how to handle things in ways that don't, greatly reduces the stress for children and helps everyone involved adjust to the situation better.

Shared custody arrangements do not have to be a traumatic experience with lasting damaging effects if the parents can learn to handle the issues that come up in a way that does not put "Children In The Middle". Parents can help their children and reduce stress and conflict for themselves by taking advantage of this class being offered October 28 and 29 at St. Andrews Episcopal Church in Canton.

For more information or to register for the class contact instructor, Jane Harrison, at 828-586-2345 ext 24, the Mountain Projects office in Sylva or Patti Tiberi, Prevention Coordinator, at Smoky Mountain Center, 828-586-5501 ext. 1247.