



Keyframe

Parents Creating a Ripple Effect of Positive Change

If parents make just one small change at a time, they can create a ripple effect of positive change for a lifetime.

Parenting is hard. Adding a separation, multiple houses, and maybe even new relationships to the mix makes it even harder. We all know the old saying, *"Kids don't come with a blueprint..."* and neither do our feelings about parenting them. Separations and custody changes can often lead to feelings of guilt, confusion, and self-doubt...potentially impacting the parent and co-parent relationship.

Keyframe is a therapeutic group that aims to provide a safe and confidential place to address feelings about navigating the after-effects of a relationship change. Every week there will be a new topic to help parents process their feelings about the barriers they may face. This program is for parents all along the spectrum...from those who have an amicable relationship with their co-parent to those who have an argumentative or hostile relationship with their co-parent to stepparents who struggle with their role in a challenging situations.

KEYFRAME COMPONENTS

FRAME ONE

Mindfulness including guided imagery.

FRAME TWO

Self-Awareness including journal exercise.

FRAME THREE

Compassion including sharing specific feelings and self-acknowledgements.

FRAME FOUR

Curiosity including presented information, guided self-reflection, and discussion.

FRAME FIVE

Perseverance including goal setting, grounding, and gratitude exercise.

TOPICS

Communicating with your co-parent

When your feelings differ from your child's

Creating norms and routines

Setting boundaries with your co-parent

Communicating with your child about the situation

Holidays and traditions

Parenting styles of you and your co-parent

Acknowledging your co-parent's new life with your child

Self-care

Supporting your child's relationship with your co-parent

Building independence in your child

Triangulation

Feelings that arise when your child goes to your co-parent's house

Child's response through behaviors

Finding a helpful balance with discipline

Sibling rivalry and jealousy

KEYFRAME GROUP MANTRA

I choose today to be my keyframe.

I cannot rewind the past, I will not look back,
I will not judge.

Today is a new day.

A day that sets a stage for my future life and
the life of my family.

I will view obstacles as opportunities.

Each small change I make, though seemingly insignificant, serves a purpose.

I will use every choice as a transition to something better.

Let today be the day I set in motion a ripple effect of positive change.

I choose today to be my keyframe.

KEYFRAME PRICING

You can pay \$25/session for 16 (once a week), 60-minute sessions,
or pay for 5 sessions at a time and receive \$5 off/session.

Both options include a one-time \$150.00 intake fee.