



Lakes Region Mental Health Center

## Child Impact Program

### WHAT IS THE CHILD IMPACT PROGRAM?

The Child Impact Program (CIP) is a service that is offered statewide to help parents understand the impact of divorce and custody issues on their children. This program is taught by trained instructors and is available at our LRMHC Laconia and Plymouth locations.

### PROGRAM GOALS:

By the end of the program, parents will have a basic understanding of the following issues:

- Ways to promote self-esteem in your child during this difficult time
- What you can do to help your child adjust
- The impact of violence or chronic conflict on children
- Behaviors to avoid
- Helpful communication styles
- Effective co-parenting
- How to be a role model
- Alternative dispute resolution
- The stages of grief and loss that children may experience
- How parents can respond to troubling behaviors and events in ways that are helpful

To register for an upcoming CIP class, please call 603-524-1100.