



NEW CLASS (ATTENDANCE REQUIRED)

Parenting Through Divorce

Understanding your child's emotional health

This class is designed to help parents better understand how divorce impacts their children's mental and emotional well-being—especially when family boundaries become blurred.

We'll explore the concept of enmeshment, a dynamic that can make children feel overly responsible for a parent's emotions, leading to long-term emotional strain and difficulty forming healthy, independent relationships.

CLASS CONTENT INCLUDES:

- Identify signs of enmeshment and parental alienation
- Understand the different types of enmeshment
- Support their child in maintaining strong, positive relationships with both parents
- Use practical tools to create healthier emotional boundaries
- Practice guided exercises to strengthen their own emotional well-being and model balanced family dynamics

CLASS DETAILS

This class is ongoing.

Parents may join at any time.

Moms class Mondays @8pm

Dads class Thursdays @8pm

385-223-0777

admin@drchristykane.com

1250 E 200 S Suite 1A

Lehi, UT 84043