

# Workshop: Stop the Co-Parenting Chaos



Amy Armstrong, LISW-S

How to Deal With a High-Conflict Ex Without Losing Yourself or Your Kids



You are not crazy. And you are not alone. You are dealing with a high-conflict co-parent. Learn how to stop the drama, set boundaries, and protect your kids from the conflict.

**Live Online Workshop**  
**Saturday, March 21,**  
**9:30–11:30 AM**  
**Sunday, March 22**  
**12:30-2:30 PM**  
**Cost: \$297**

**Join Us and Create a  
Happier Home Today!**



The  
Center for  
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