

UPDATED
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Mental Health Association of Fauquier County

Promoting and facilitating mental wellness in Fauquier and Rappahannock counties.



CO-PARENTING RESOURCES

PRESERVING RELATIONSHIPS FOR
FAMILIES AFFECTED BY SEPARATION

The Mental Health Association of Fauquier County provides general information about providers and resources as a service to the community. These listings are not a recommendation, referral, or endorsement of any therapy or provider.

Are we missing a listing?

Contact us at (540) 341-8732 or email ccraddock@mhafcl.org

Find more Resource Guides here:

fauquier-mha.org/resources-to-download/

Calvary Counseling Center

calvarycounseling.com/services/parent-education-class.html

Services: H.O.P.E. (Healthy & Objective Parenting Education)
- The class is led by co-instructors who have undergone the training required by the Commonwealth of Virginia and have studied and researched the latest information about the importance of parent involvement after separation or divorce. The classes are child-focused and include lecture, discussion, and video. Topics covered include the impact of separation on children, parallel parenting and co-parenting strategies, and the needs and rights of your children.

Phone: 703-530-9800

Location: Fauquier, Virtual

Family Innovations, Inc.

coparenteducation.com

Services: Supporting Parenting Partnerships As Relationships End - Preserving parenting partnerships is emphasized as well as the importance of forming a business-like relationship with your former spouse. SPARE is also designed to help unmarried couples with children who may be experiencing separation or problems with visitation and other child related issues.

Petitioners for custody may also find the SPARE course helpful in understanding what children may experience when their parents are caught up in the legal process.

Fees: \$25.00 per person

Phone: 540-371-4889

Location: Fredericksburg

Kinetics Coaching and Training

kineticstrainingva.com

Services: Lillian "Lilly" Arévalo, LMHP-R, Parent Educator Trainer provides bilingual parenting training and skills coaching. In addition to co-parenting consulting to help parents that are in the process of separation or divorce to help the parents to co-parent better. Lilly also offers the court approved parenting class, Two Homes, Two Parents in both English and Spanish languages.

This seminar is designed to educate parents about children's issues in divorce as well as the need to value their co-parent and understand the importance of communication between homes.

Phone: 540-446-2966

Location: Culpeper, Virtual

Parental Guidance

parentalguidance.org

This resource offers education and therapeutic support to empower and give you hope as you support your child's mental health.

Their library of courses, developed by leading mental health experts, offer hope, answers, and compassionate help.

Piedmont Dispute Resolution Center (Warrenton)

piedmontdisputeresolution.org/

Services: PDRC serves individuals, families, organizations and communities by providing specialists who educate and facilitate conflict management. Our services are delivered with the highest integrity and professionalism and provided in an affordable manner. Public speaking, workshops and training are available.

Fees: Sliding scale

Serves: Families, Organizations, Schools, Communities

Phone: 540-347-6650

Location: Warrenton

reEmerge Therapy

reemergetherapy.com/re-emerge-parenting/

Services: Attachment and behavioral based theories scientifically proven to enhance parental figure and child relationships. This balanced approach helps parents and primary caregivers nurture and strengthen attachment bonds, heal wounds that prevent them from being present, and teaches them how to compassionately tend to emotional upset while also setting limits around behaviors.

Phone: 540-491-4300

Location: Warrenton