

SHELLEY BEHR MSW, RSW

INDIVIDUAL, COUPLE + FAMILY THERAPY
(604) 273-3451



Shelley Behr, MSW, RSW
Co-Parenting
Through Covid-19

Coronavirus complicates
Co-Parenting and Sharing
parenting time during the
pandemic

Anxiety - Child Care - Collaborative Divorce

How can we help?

Divorce Coaches available for one or two coach model depending on the need.
One Child Specialist.

- Virtual Co-parenting sessions between parents and coaches
- Virtual Individual sessions for parents and their coach to help address each of their needs
- Virtual Child sessions to help address the needs and the voice of the children
- Virtual Parent-Child sessions ensuring attachment to each parent is maintained and the child's emotional needs remain a priority.

Method:

- Virtual sessions with each parent individually
- Virtual co-parenting sessions to create interim written agreements
- Virtual sessions between parents and children to address current situation and to create better communication and agreements between parents and children

Purpose:

- To improve parent to parent communication by setting boundaries and protocols
- To assist parents in communicating and addressing safety concerns regarding transitioning between two homes
- To listen to the child's voice and to assist with parent-child communication
- To address complications regarding court ordered parenting time during the coronavirus
- To respond to crisis and elevated emotions during this difficult and unprecedented time

CBC Article: **Frustration for parents as COVID-19 further complicates testy custody arrangements**

<https://www.cbc.ca/news/canada/british-columbia/covid-19-custody-arrangements-1.5513424>

Our approach is to assist each family
to creatively address their
individual struggles,
find solutions, and discover healing
opportunities in family relationships.



Shelley Behr, MSW, RSW
Counsellor
(604) 273-3451
shelleybehr@hotmail.com