



The eNew Beginnings Program is a fully online parenting program. It is your research-based solution to happier, healthier children during and after divorce or separation.

Because **you** are the most important person in your child's life, the eNBP focuses on you so you can help **your children**.

The simple but powerful skills the eNBP teaches have been shown to benefit children up to **15 years** later. Benefits that have been demonstrated through careful research include:

- Better relationships with your children
- Less interparental conflict
- More effective discipline
- Less child anxiety and depression
- Less child aggression

The eNBP has the proof to support our results. Many parenting programs say they deliver benefits but none can support their claims as solidly as the eNBP.

But, don't just take our word for it, read what parents have to say.

"I liked that the program wasn't about placing blame, but about creating a positive environment. I will continue the program."

"I like the activities and homework and ideas on how to implement them and explain them to your children."

"I wouldn't change a thing about the program. It is wonderful."

"It got me and my children closer to each other."

"It opened new paths of ways to connect with my children"

"The homework was hands-on. Easy concepts. Provided good resources."

"There are several tools I used immediately that my kids are big fans of. I work in technology and found your interface, videos, and performance of the online tools to be stronger than other programs I have tried in the past."

- FULLY ONLINE
- SELF-PACED
- INTERACTIVE

Takes between 3 - 5 hours to complete

Separate programs for mothers and fathers

Use on your computer, tablet or phone

Printable worksheets and tip sheets

Starting at \$49

Take the first session for free!

