Research has confirmed, that coparenting classes, like the ones UW-Extension offers, can be very effective at helping families weather this period in good shape.





Human Development & Relationships
Educator
Extension Sauk County Team

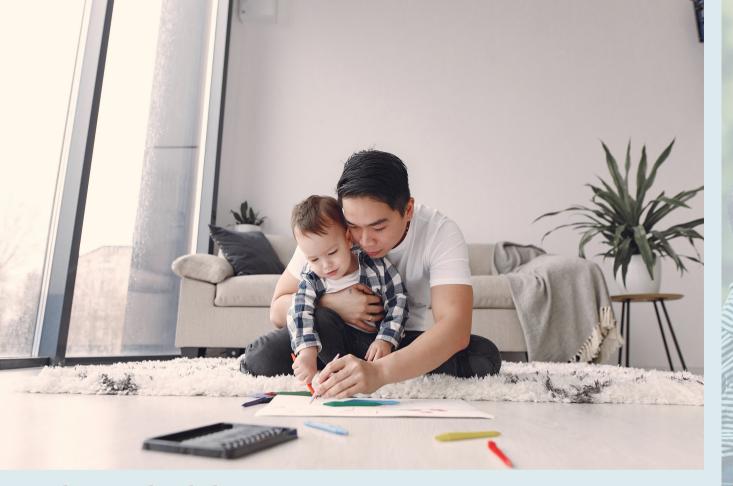


Parents Forever

A CO-PARENTING CLASS







Class Schedule & Fees

Up-to-date class schedules and fees can be found at:

Extension Sauk County-Health, Families & Finances-Parents Forever

URL

https://sauk.extension.wisc.edu/family-living/parents-forever/

Classes are live
participation, offered
both in-person & online,
and include additional
resources for a variety of
learner styles

The Program

Self Care

Identify
internal and external resources
that you can use to increase the
resiliency for
you and your family

Parent-Child Relationship

Describe
your family's transition journey
and how family members will
be affected

Co-Parenting

Recognize
how self-care, the parent-child
relationship and co-parenting
impact child
well-being