

When Are Classes Offered?

May 8th (Online)

Wednesday

Class 1 8:30 am – 10:30 am

Class 1 8:30 pm – 10:30 pm

May 16th (Online)

Thursday

Class 2 8:30 am – 10:30 am

Class 2 8:30 pm – 10:30 pm

May 20th & 21st

(Columbia Co. UWEXT)

Monday & Tuesday

Class 1&2 12:00 pm – 2:00 pm

May 23rd & 24th

(Sauk Co. UWEXT)

Thursday & Friday

Class 1&2 2:00 pm – 4:00 pm

June 12th (Online)

Wednesday

Class 1 8:30 am – 10:30 am

Class 1 8:30 pm – 10:30 pm

June 19th (Online)

Wednesday

Class 2 8:30 am – 10:30 am

Class 2 8:30 pm – 10:30 pm

June 17th & 18th

(Columbia Co. UWEXT)

Monday & Tuesday

Class 1&2 12:00 pm – 2:00 pm

June 20th & 21st

(Sauk Co. UWEXT)

Thursday & Friday

Class 1&2 2:00 pm – 4:00 pm

Why This Course?

Parenting Forever will help you understand the role self-care plays in supporting transition, how to build better parent-child relationships with your kids to help them through transition, and then you'll explore co-parenting and skills that will successfully form a parenting partnership with your child(ren)'s other parent.

UW Extension – Columbia County

112 East Edgewater Street, Room 212

Portage, WI 53901

(608) 742-9684

<https://columbia.uwex.edu>

UW Extension – Sauk County

505 Broadway, Room 334

Baraboo, WI 53913-2404

(608) 355-3520

<https://sauk.uwex.edu>

Ms. Amanda Coorough
Human Development Educator



Extension

UNIVERSITY OF WISCONSIN-MADISON
COLUMBIA COUNTY

PARENTS FOREVER



A Co-Parenting Class



Taking Care of Your Children

Your children are on their own journey during a transition. As a parent it is important to identify how they are coping. You and your children shape each other in more ways than you realize. Once you identify what your children bring to your relationship, it's important to recognize what strengths, experiences and skills you bring as a parent.

Skills/ Objectives of the Course

- ✓ *Strategies for Building Parent-Child Relationships*
- ✓ *Strengthening Your Child's Support Network*
- ✓ *Maintaining Balance in Parent-Child Relationships*

Taking Good Care of Yourself

During a family transition it is normal to feel a number of feelings from anger, betrayal, sadness, excitement and relief. It is also normal to feel conflicted and confused about how you are feeling. No two people will be affected exactly the same.

Skills/ Objectives of the Course

- ✓ *Learn About Loss/ Grief*
- ✓ *Manage Your Stress*
- ✓ *Strengthen Your Support Network*
- ✓ *Plan for Your Future Self Care*



“To be in your children’s memories tomorrow, you have to be in their lives today.”

Being Successful with Co-Parenting

The relationship that you build with your child’s other parent is essential to taking care of your children and can shape the future of your family. It is critical that you try to establish a stable and strong parenting relationship with your child’s other parent

Skills/ Objectives of the Course

- ✓ *Learn Different Approaches to Co-Parenting*
- ✓ *Communication Skills for Effective Co-Parenting*
 - ✓ *Managing Conflict*
 - ✓ *Creating a Parenting Plan*