

Get in touch

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



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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

