

## To Register

Select your class dates (see inside)  
Your child's other parent can attend the same class as you, if you both agree. Otherwise, we anticipate most parents will attend on different dates.

1. Complete the registration form. You can get one from the county Clerk of Court office, or call Marquette County Extension at 608-297-3141, or email [jackie.stoneman@wisc.edu](mailto:jackie.stoneman@wisc.edu)
2. Pay the \$15 fee. (\$30 charge for returned checks.)
3. Financial hardship? When you register, ask us about full or partial scholarship.

## Parents have said about these classes:

- ◇ *I enjoyed coming to this class — helps to hear others going through the same things and know I am not in it alone.*
- ◇ *Better class than I expected, no reason to dread it :-)*
- ◇ *Great class and it was nice to have interaction with other parents going through similar situations.*

## How do these classes help families?

- The single best predictor of a child's well-being is continuing, meaningful involvement with both parents.
- Children cope well when parents cope well.
- Children do best when they are not caught in the middle.
- Children need a support system.

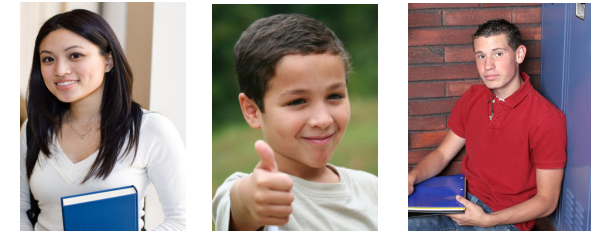
## These classes help you help your children.



# Parents Forever™

*2020 Schedule*

**A class for parents in the process of divorce, already divorced, or never married but separating.**



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
MARQUETTE COUNTY

480 UNDERWOOD AVENUE  
MONTELLO, WI 53949  
608-297-3141

## 2020 Class Schedule\*

**All classes held 9:00-11:00 am  
One class is two mornings.**

**January through June 2020 dates**  
Thursday Feb 13 & Friday Feb 21  
Fridays April 17 & 24  
Fridays June 19 & 26

**July through December 2020 dates  
to be announced.**

**Additional dates in Sauk and Columbia Counties or  
via free online Zoom application.**

**Please call 608-963-1040 or see all details at  
<https://columbia.extension.wisc.edu/family-living/parents-forever/>**

### Location

County Services Center  
480 Underwood Avenue, Montello

**\*Schedule is tentative**, please call 608-297-3141 to register and to confirm class dates and times, or email [jackie.stoneman@wisc.edu](mailto:jackie.stoneman@wisc.edu) or check our website <https://marquette.extension.wisc.edu/> under Families, Health & Finance tab

## How does this class work?

To complete the course you must attend the four-hour training (two hours each day) and complete a home activity.

After completing the course, you will receive a Certificate of Completion. We will forward a copy to the Court.



## Attend separately or together?

By far, most couples attend separately. Very few couples choose to attend the same classes. Please speak with the instructor if you are considering attending together.

Sue Allen, Human Development & Relationships Educator, 608-297-3139.

## Topics discussed include:

- ♦ The effects of divorce and conflict
- ♦ How you can help yourself and your child(ren) cope better during stressful times and transitions.
- ♦ How to co-parent so that everyone in the family recognizes how to keep children from being put in the middle.
- ♦ Communication skills that can help you and your child(ren) lead happier, less stressful lives.



This course is designed for divorcing parents, but the material also assists parents who were never married and are co-parenting a child.

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