#### REGISTRATION

Please contact the Marquette County Extension office at 608-297-3141

Or email jackie.stoneman@wisc.edu

#### Testimonials

"I enjoyed coming to this classhelps 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 can classes help your family?

- 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<sup>™</sup> 2020 AUG.-DEC.



Extension UNIVERSITY OF WISCONSIN-MADISON MARQUETTE COUNTY

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

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UNIVERSITY OF WISCONSIN-MADISON MARQUETTE COUNTY

### How does it work?



Choose a class (contact Extension office for updated classes).

- Register for the class.
- Contact Extension with the date and location of the class.
- Attend the three to four hour training class.
- 5 Send completion certificate to Extension. We will forward a copy to the court.

## FAQs

## Do we have to attend together?

Most couples attend separately. Please speak to the instructor if you are considering attending together.

#### Is there a cost?

Depending on the class you chose, the cost ranges from \$15-\$30 per person. Extension can waive the fee in the case of financial hardship.

## **Discussion Topics**

- 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.



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