

Co-Parenting Classes

Parents Forever:

An educational program for parents that are separating, divorcing, or changing custody of their children.

In Person Options: Sept. 12 OR Nov. 14, 8:30am-12:30pm

Virtual Option: October 15 & 17, 5:30-7:30 (must attend both sessions)

Register: <https://go.wisc.edu/2fohbr>

Resilient Co-Parenting:

A series of topic specific classes for parents or caregivers raising children together while living apart.

Dates & Topics:

Sept. 5 – Relationship Readiness

Oct. 3- Mindful Money Practices

Nov. 7- Finding Your Family's Rhythm

Dec. 5- The Gift of Forgiveness

7:00-8:00 pm via zoom

Register: go.wisc.edu/21t6cz

NEW PROGRAM!

Triple P: Positive Parenting Program: *Fear-Less*

Does your child, age 6-14, have moderate to high levels of anxiety that causes significant distress or impact on their everyday functioning? This program aims to help parents develop a toolbox of strategies and choose the most effective to respond to their child's anxiety.

Oct 19 & 26, 9am-12:30pm (participants must attend both Saturday morning sessions)

- Day 1
 - Session 1: Understanding anxiety
 - Session 2: Promoting emotional resilience
 - Session 3: Setting a good example and encouraging realistic thinking
- Day 2
 - Session 4: Understanding avoidance
 - Session 5: Responding to children's anxiety
 - Session 6: Constructive problem solving and maintaining progress

Register: <https://go.wisc.edu/4586a1>

Parent Cafés

At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family. (Free Childcare & Dinner)

Sept. 30- Oxford Elementary

Oct. 21- Endeavor Elementary

Nov. 18- Montello Schools

Time: Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm

Register: <https://www.surveymonkey.com/r/RL2J3K9> or (800)-628-8534

Triple P: Positive Parenting Program Online Classes

For Parents of Children 0-12

Tuesdays, Sept. 10- Oct. 1

<https://go.wisc.edu/rc3920>

For Parents of Teenagers

Mondays, Sept. 16-30

<https://go.wisc.edu/h8656h>

For Co-Parents

Triple P Transitions

Thursdays, Sept 26-Oct. 24

<https://go.wisc.edu/uh7jz4>



Fall 2024 Parenting Classes, Events & Resources

Raising Wisconsin's Children Online Parenting Classes

Sept. 19- Families + Screens

Decrease stress around screens and technology in your family. Learn how to identify your family values around screens and make a family media plan that works for you. Ideal for parents of 5-12 year olds but all are welcome.

Oct. 17- Teens and Social Media

Decrease stress around screens with your teen. Learn how to use your family values to set a media plan that works for you and your teen. Ideal for parents of 13 – 18 year olds but all are welcome.

Nov. 14- Strengthening Family Bonds Through Traditions

Explore how traditions can help your family connect and stay together. Ideal for parents of any age child.

Register for one or all: go.wisc.edu/parenting-classes

Focus on Fathers

A series of online classes designed for dads. Develop parenting skills for happy, healthy families. Connect with other fathers!

6:00- 7:00 pm on Zoom- Attend one or all!
Sept, 10, Oct. 8, Nov. 12, Dec. 10

Register:

<https://forms.gle/nBxN4eYFC6Cd2qqR6>

Parent Connection Hour



Held at Montello & Oxford Libraries.
Check Libraries for current schedule & topics.

Make connections with other parents, ask questions, get parenting ideas & tips! Coffee/Tea provided.

Other Family Events & Resources

Baby 101: Community Baby Shower Event

Wednesday, October 16, 4:30-6:30
480 Underwood Ave. Montello, WI 53949
Presented by the Marquette County Health Dept.

Just In Time Parenting Newsletters:

<https://jitp.info/>
A free parenting newsletter that is delivered by email and specific to a child's age and needs.



Marquette County Parent Information Exchange (PIE)

<https://www.facebook.com/marquettecountypie>
Providing information and connecting Marquette County Parents. When parents connect, families and communities benefit! Also features a 'Family Facebook Directory'.



Hannah Zellmer
Human Development & Relationships Educator
608.297.3139
hannah.zellmer@wisc.edu

For more information:

<https://marquette.extension.wisc.edu/family-living/> or use QR Code

