



### Co-Parenting Classes

#### Parents Forever:

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

#### *In Person Options:*

March 19 or May 21  
8:30 am-12:30pm

#### *Virtual Options:*

April 21 & 23 or June 9 & 11  
5:30-7:30pm (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:

March 5- *Co-Parenting Teens*  
April 2- *Helping Children with Strong Emotions*  
May 7- *Establishing Boundaries with your co-parent*  
June 4- *Money Talks: Less Stress, More Success*

7:00-8:00 pm via zoom

Register: <https://go.wisc.edu/132w5f>



### Triple P : Positive Parenting Program

#### Triple P Teen

#### **For Parents of Teens & Tweens**

Tuesdays in March/April 2026!  
9-10:30 OR 6-7:30pm

**March 24-** Raising Responsible Teenagers

**March 31-** Raising Competent Teenagers

**April 7-** Getting Teenagers Connected

**April 14-** Getting Teenagers to Cooperate

Register: <http://go.wisc.edu/69701a>

#### Triple P Fear Less

#### **For Parents of Children with Anxiety (age 6-14)**

Lunch & Learn  
Tuesdays, June 10-July 15  
11:00am-12:30pm

Register: [go.wisc.edu/69701a](http://go.wisc.edu/69701a)



### Parent Cafés



At a virtual Parent Café, you can connect with other local parents, learn strategies to strengthen relationships with your children, and receive concrete support for your family.

(Free Childcare & Dinner)

Montello Schools  
March 30, April 13 & April 27  
Time: Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm

Register: <https://www.surveymonkey.com/r/8N85TZL>  
or (800)-628-8534



### The Strong Couples Program

- Six self-paced online modules. Topics include communication, commitment, problem-solving, and fun and friendship.
- Five brief video calls with a trained coach

*This program is for couples together six months or longer in all life stages. This educational program is NOT counseling. The program teaches couples to use tools that improve their relationship.*

Register:  
[https://illinois.qualtrics.com/jfe/form/SV\\_9yOGluBve41k2yi](https://illinois.qualtrics.com/jfe/form/SV_9yOGluBve41k2yi)



## Parenting Classes, Events & Resources



### Raising Wisconsin's Children Online Parenting Classes

- March 19:** Learning Life Skills Through Household Chores
- April 16:** Teens, Screens and Social Media
- May 21:** Emotion Coaching
- June 18:** Play Their Way! The Power of Child-Led Play

*Classes are at 1:00 pm*

Register for classes: [go.wisc.edu/parenting-classes](https://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!

1:00-2:00 pm on Zoom- Attend one or all!  
2<sup>nd</sup> Tuesday of each month

Register: <https://go.wisc.edu/3z9kwx>



### Other Family Events & Resources

#### Family Adventure Day

##### SAVE THE DATE!

April 11, 2026, 10:00am-1:00pm  
Montello High School  
222 Forest Lane, Montello, WI 53949



#### Parent Connection Hour

Held at the Montello Library. Check Library for current schedule & topics.

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



Connect with us on Facebook!  
<https://www.facebook.com/marquette.uwex.edu/>



#### 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'.

Find the Directory on  
the PIE Facebook page!



#### 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.



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

#### For more information:

<https://marquette.extension.wisc.edu/family-living/>

