

RESILIENT CO-PARENTING

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

Join us for any or all of the following sessions!

Feb. 2nd:	Families Fighting Fair
Mar 2nd:	Successful Stepfamilies
April 6th:	Navigate Difficult Conversations
May 4th:	Parenting from a Distance
June 1st:	Co-Parenting Teens
July 6th:	Cope with Stress through Transition
Aug. 3rd:	Help Children with Strong Emotions
Sept. 7th:	Relationship Readiness
Oct. 5th:	Self Compassion
Nov. 2nd:	Mindful Money Practices
Dec. 7th:	Forgiveness for Moving Forward

7:00-8:00 pm over Zoom
1st Thursday of each month
in 2023!

Scan code or
use link to
register!



go.wisc.edu/d206g4



Extension
UNIVERSITY OF WISCONSIN-MADISON



Human Development & Relationships Institute

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RESILIENT CO-PARENTING CLASS DESCRIPTIONS

Families Fighting Fair: *The way you manage conflicts with your co-parent greatly impacts your children. Learn skills for positive conflict management, compromise, reframing and active listening.*

Successful Stepfamilies: *Blended families face unique challenges when it comes to parenting. Learn about these challenges and some things that you can do to ease this transition for your children.*

Navigate Difficult Conversations: *Co-parents face many difficult decisions. Learn conversation skills for efficient communication with your child's other parent, so you can put their best interests first.*

Parenting from a Distance: *Parenting from a distance can be challenging. Learn ways to stay connected with your children when living apart and to make the most of the time your time together.*

Co-Parenting Teens: *Teenagers need continued parental support to become happy, healthy young adults. Learn ways to co-parent cooperatively to support your teenager in developing positive family relationships, a healthy lifestyle, and a positive connection in their community.*

Cope with Stress through Transition: *The stress of co-parenting can be overwhelming. This session will use the WeCOPE curriculum, which has been shown to reduce stress and depression, increase positive affect, and improve health behaviors.*

Help Children with Strong Emotions: *Children experience a wide range of emotions through the transition of separation or divorce. Learn ways to support our children through these strong emotions, to help reduce their stress and build their emotional intelligence.*

Relationship Readiness: *Are you entering into a new romantic relationship? Assess your relationship readiness and learn tips to help your children adjust to new relationships.*

Self Compassion: *Self-compassion is a skill that can be learned and practiced to enhance our health and well-being. Explore different self-compassion exercises and how to develop a personal and consistent practice.*

Mindful Money Practices: *Spending money wisely shouldn't be an exercise in frustration, but a series of deliberate choices that reflect how you want to live your life. Mindfulness can help you make purposeful choices with money.*

Forgiveness for Moving Forward: *Forgiveness is a gift we give ourselves and others. Letting go of resentment and bitterness yields many benefits, including a better co-parenting relationship. Explore what forgiveness is - and isn't - as you learn the steps of the process.*



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