

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!

June 5 – Healthy Coping during times of Transition

Co-parenting stress can be overwhelming. Discover strategies from the WeCOPE curriculum to reduce stress, increase positive feelings, and improve health behaviors.

August 7 - Establishing Boundaries with Your Co-Parent

Healthy boundaries are essential for a positive co-parenting relationship. Learn the importance of respectful boundaries and explore strategies to establish and maintain them.

September 4 – 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.

October 2 – Mindful Money Practices

Making financial decisions when co-parenting can be challenging. Learn how mindfulness and sound financial practices can help you make purposeful choices that match your family's needs.

November 6 – Finding Your Family's Rhythm

Divorce and separation can disrupt family routines and rituals, but they also offer a chance to intentionally create a new rhythm for your family.

December 4 – The Gift of Forgiveness

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.

7:00-8:00 pm over Zoom
1st Thursday of each month
in 2025!

Scan code or
use link to
register!



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