

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!

January 8 – Families Fighting Fair

Learn how to manage conflicts with your co-parent in a way that benefits your children. This session covers positive conflict management, compromise, reframing, and active listening.

February 5 – Successful Stepfamilies

Blended families have unique parenting challenges. Discover ways to ease the transition for your children and address these challenges effectively.

March 5 – Co-Parenting Teens

Teenagers need ongoing support to grow into happy, healthy adults. Learn cooperative co-parenting techniques to help your teen build positive family relationships, a healthy lifestyle, and community connections.

April 2 – Helping Children with Strong Emotions

Children feel a range of emotions during separation or divorce. Find out how to support them through these strong emotions, reduce their stress, and build their emotional intelligence.

May 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.

June 4 – Money Talks: Less Stress, More Success

Money can be a tough topic for co-parents - but it doesn't have to lead to conflict. Explore how your money values and experiences shape co-parenting and learn ways to reduce financial conflict and model healthy money conversations.

7:00-8:00 pm over Zoom
1st Thursday of each month
in 2026!

Scan code or
use link to
register!



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