

# 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!

## August 7 – Healthy Coping During Times of Transition

The stress of co-parenting can feel heavy. Explore practical tools to boost emotional well-being and build healthier daily habits.

## September 3 – 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 1 - Small Moments, Lasting Connection

Co-parenting can mean spending less time with your child. Learn how to stay connected and make each interaction meaningful - whether remotely or in person.

## November 5 – 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 3 - 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.

**1st Thursday of each month**

**Online over Zoom**

**12-1 p.m. OR 7-8 p.m.**

**Scan code or  
use link to  
register!**



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