

## Who should attend this class?

This course is designed for parents who are divorcing, separating, going through a custody change, or have never been married but are co-parenting.

## Should we attend together or separately?

Some couples choose to attend the same class and some couples choose to attend separately; it is your decision.

If you have concerns about this, talk with the other parent and/or call Extension Dunn County's Human Development and Relationships Educator, Stephanie Hintz at 715-232-1636 or [smhintz@co.dunn.wi.us](mailto:smhintz@co.dunn.wi.us)

## How does this class work?

To complete the course you must attend the four-hour in person training or complete the eight-hour online course. You will receive a certificate of completion after completing your course. This certificate is what you need to show your judge, court personnel, or attorney if the course was court-ordered.

## How do these classes help families?

The single best predictor of a child's well-being is continuing, meaningful involvement with both parents. This class helps illustrate the importance of self care, as children cope well when parents cope well. As well as how to have navigate new roles and expectations without putting the child(ren) in the middle.

### CONTACT US

Extension Dunn County  
3001 US Highway 12 East; Suite 216  
Menomonie, WI 54751  
Phone: 715-231-6690

# PARENTS FOREVER

OPTIONS FOR COPARENTING





## Parents have said:

*"I enjoyed coming to this class — helps to hear others going through the same things and know I am not in it alone."*

*"Better class than I expected, no reason to dread it :-)"*

## Sign Up Online

Facilitated Class:

<https://forms.gle/7mKHzGvtuB9jtzde6>

Self-paced Class:

<https://tinyurl.com/selfpacedPE>

**Or Call 715-232-1636**

## 2021 Facilitated Class Schedule

Saturday, January 9th | 8:30am – 12:30pm  
Friday, February 12th | 12:30pm – 4:30pm  
Saturday, March 13th | 8:30am – 12:30pm  
Friday, April 9th | 12:30pm – 4:30pm  
Saturday, May 8th | 8:30am – 12:30pm  
Friday, June 11th | 12:30pm – 4:30pm  
Saturday, July 10th | 8:30am – 12:30pm  
Friday, August 13th | 12:30pm – 4:30pm  
Saturday, September 11th | 8:30am – 12:30pm  
Friday, October 8th | 12:30pm – 4:30pm  
Saturday, November 13th | 8:30am – 12:30pm  
Friday, December 10th | 12:30pm – 4:30pm

## Still not sure what to do?

We are here to help. Please give Extension Dunn County a call at 715-232-1636 to help you select the best class option for you.

PARENTS FOREVER

### Parents Forever: Facilitated Class Vs Self-Paced Course

	Facilitated Class	Self-Paced Course
<b>Offered by</b>	Dunn County UW-Extension	University of Minnesota Extension
<b>Location</b>	Wherever you have access to technology and reliable internet.	Wherever you have access to technology and reliable internet.
<b>Availability</b>	Held once a month alternating Saturdays from 8:30am – 12:30pm and Fridays from 12:30pm – 4:30pm  <b>2021 Schedule</b> Saturday, January 9th Friday, February 12th Saturday, March 13th Friday, April 9th Saturday, May 8th Friday, June 11th Saturday, July 10th Friday, August 13th Saturday, September 11th Friday, October 8th Saturday, November 13th Friday, December 10th	Whenever you are available.  24 hours a day, 7 days a week
<b>Course Length</b>	4 Hours	Depends on user's pace; Estimated 8 hours
<b>Cost</b>	\$20 Registration  *Cash or Money Order Only due to Extension Dunn County	\$89 payment due to University of Minnesota Extension  ** The online program is 100% facilitated through the University of Minnesota Extension, reduced fee options may be available however participant must navigate this payment on their own.
<b>Requirements</b>	Attendance; all other materials are provided - Reliable computer and internet connection - Comfort with online learning	- Reliable computer and internet connection - Comfort with online learning - Ability to read in English at a 5th–8th grade level
<b>Format Benefits</b>	- Group interaction and learning opportunities - Connection to additional local agencies and resources - Teaching can be adjusted to individual participant's needs	- Available to anyone, anywhere, with an internet connection - Access to information controlled by user; can be completed as quickly or slowly as needed