

RESILIENT CO-PARENTING

Free classes for parents or caregivers raising children together while living apart.

Join us for any or all of the following sessions!

August 1 – 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.

September 5 – 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 3 – Mindful Money Practices

Making joint financial decisions when co-parenting shouldn't be an exercise in frustration between you and your children's other parent. Using mindfulness in conjunction with sound financial practices can allow both parents to make purposeful choices that best match their family's needs.

November 7 – Finding Your Family's Rhythm

Divorce and separation can disrupt family routines and rituals. This can be a challenge, but it is also a time of great opportunity. As parents, we can be intentional about creating a new rhythm for our family.

December 5 – 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 2024!

Scan code or
use link to
register!



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