

# PARENTING AND FAMILY RELATIONSHIP CLASSES

September, October & November 2024

All classes are virtual unless noted.



## EVERY DAY PARENTING

### Raising Wisconsin's Children

Join free parenting classes each month! These classes offer practical, research-based ideas to support your parenting and help children grow. Topics include screens and media plans, family traditions, and more.

**September 19, October 17, November 14 | 1 PM**

### Focus on Fathers

Hey dads! Your role matters! Join us for discussions on parenting, family life and how to handle modern challenges. A space for dads to support each other.

**Second Tuesday of the Month | 6 PM**

### Raising a Thinking Child

Caregivers of 4 to 7-year-olds, this one's for you! A six-week session to improve your child's problem solving and communication.

**Tuesdays 10/8/2024 to 11/12/2024 | 9 AM or 6 PM**

## FAMILY TRANSITIONS

### Triple P Family Transitions

A six-week series to support the transition to single parenthood. Get support for handling conflicts and managing stress while connecting with other parents.

**Thursdays 9/26/2024 to 10/24/2024 | 5:30 PM**

### Parents Forever

Learn how to lessen the impact of divorce on children, co-parent without conflict, and improve self-care to foster resilience.

**Monthly | Times Vary**

### Resilient Co-Parenting

Join us for ongoing support for your co-parenting journey. Topics include relationship readiness, finding your family rhythm, forgiveness, and more. **First Thursday of the Month | 7 PM**

### Triple P Positive Parenting Program

Want simple, proven strategies to create loving bonds with your kids while handling challenging behavior effectively? These classes are for you!

For parents and caregivers of kids 0 to 12 years, topics include positive parenting, raising confident children, managing fighting, and more.

**Tuesdays 9/10/2024 to 10/1/2024 | 9 AM or 6 PM**

For parents and caregivers of teens, topics include helping your teen develop good decision making, responsibility, confidence, and more.

**Mondays 9/16/2024 to 9/30/2024 | 11:30 AM or 6 PM**

### Strong Couples

Six self-paced online modules and five coaching calls that teach you skills to improve your romantic relationship. Free and backed by research!

Visit [parenting.extension.wisc.edu/strong-couples](https://parenting.extension.wisc.edu/strong-couples).

## VISIT OUR CLASS CALENDAR TO SIGN UP



[CLICK TO SIGN UP](#)

To make sure everyone has a great experience, we limit the number of spots in our classes. Registration is required. Use the QR code or the link below to sign up!



<https://parenting.extension.wisc.edu/class-calendar>