



PARENT & FAMILY SUPPORT

RAISE THRIVING KIDS

Parenting doesn't come with a handbook, but we're here to help! We offer classes to support healthy child development and positive parenting. Learn practical strategies and choose what works for you.

Everyone is welcome. Classes are free or low cost.

September, October, and November 2026



Everyday
Parenting



Family
Changes



Kids'
Mental Health



Couples
Relationships

Flip the page for class dates
and descriptions!



Learn more
and sign up!



Extension
UNIVERSITY OF WISCONSIN-MADISON



parenting.extension.wisc.edu

Parent and Family Support

Kids' Mental Health

Triple P Fear-Less

Learn proven strategies to help your child manage anxiety and build confidence. **Weekly**
• **Begins October 13 at 9 AM or 6 PM**

Family Changes

Fatherhood Together

Learn practical strategies for navigating child support, placement, and your well-being. This 4-class series includes information and support from legal, parenting, and mental health experts.
Weekly • Begins Oct 19 • 6 PM

Parents Forever

Designed for parents experiencing separation or divorce. Learn ways to support your child's well-being, improve communication with your co-parent, and care for yourself during times of change.
Monthly • Times vary

Resilient Co-Parenting

Find ongoing support as you navigate co-parenting. We'll discuss strengthening family relationships, staying connected with your children, and creating routines that work for your family.
Monthly • First Thursday • 12 PM or 7 PM

Couples Relationships

Strong Couples

Learn communication skills that strengthen your relationship. This program combines self-paced learning with brief coaching calls to help couples build healthy relationship habits.

Everyday Parenting

Wisconsin School Phone Ban Series

A practical webinar series for school leaders, educators, and families navigating changes under Wisconsin's new school phone ban act.

August 31 • 12 PM • 5:30 PM & Sept 1 • 6 PM

Triple P Positive Parenting of Children

Learn practical parenting strategies to support your child's well-being. We'll discuss emotions, coping skills, screen use, cooperation, and mealtime. **Weekly • Begins Sept 9 at 10 AM or Sept 10 at 6 PM**

Raising a Thinking Child

Discover ways to help preschool and elementary school children solve problems, manage conflicts, and think through challenges.
Weekly • Begins Sept 22 at 9 AM or 6 PM

Helping Kids Develop Good Self-Control

This series is designed to teach parents strategies to help their children build self-control. Learn about self-control related to feelings, behavior, focusing, and physical health. **Weekly • Begins Oct 21 • 7 PM**

Triple P Positive Parenting of Teens

Learn positive parenting strategies to support your teen's well-being. We'll discuss responsibility, getting teens connected, strong emotions, and risky behavior. **Weekly • Begins Nov 24 • 11 AM or 6 PM**

Raising Wisconsin's Children

Learn about common parenting challenges and solutions. We'll discuss talking with children about difficult issues, managing screen use, and supporting milestones. **Monthly • Fourth Thursday • 1 PM**

Focus on Fathers

Explore topics related to fatherhood in a welcoming environment open to everyone. We'll discuss ways to help children build skills such as responsibility, perseverance, and positive social skills. **Monthly • Second Tuesday • 1 PM**

If you would like to request accommodations: The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. You may request an interpreter, materials in an alternative language and/or format, and/or other services to make this event more accessible. Contact us at families@extension.wisc.edu. Make your request at least one month before the date of the class. There is no added cost to you for these services.