

## Why Education?

Co-parenting families have a unique set of challenges. They also have opportunities to build strength and resilience.

Family transition can be tough. For parents, it may mean a transition through divorce or separation. For children it may mean adjusting to new family arrangements, moving between households, or living with a single parent or another caregiver. Sadness and anger can be normal during this time. With support, children can adapt and thrive.

**But one thing is clear: ongoing conflict between parents after separation or divorce is not healthy for children and is associated with poor outcomes.**

There are many ways to reduce conflict and help children in co-parenting families thrive. Whether you're newly divorcing or separated or have been co-parenting for some time, **there is good news...**

### **C**aught in the Middle:

Common situations when children feel caught in the middle:

- Carrying messages to the other parent
- Loyalty conflicts caused by "put downs" of the other parent
- Dealing with money matters
- Being quizzed about the other parent's life

**YOU CAN FIND WAYS TO CO-PARENT EFFECTIVELY and HELP YOUR CHILDREN THROUGH TRANSITION TO CREATE A HEALTHY FUTURE.**



## How to Schedule

**Participants must register directly through the University of Wisconsin– Extension.**

**ASHLAND COUNTY RESIDENTS CALL:  
(715) 682-7017**

**BAYFIELD COUNTY RESIDENTS CALL:  
(715) 373-6104**

**711 for WI Relay (TDD)**

If you are required to take this class related to a divorce or mediation, the class must be completed prior to your final divorce hearing or mediation session.

**Instructor permission is required for both co-parents to attend the same session.** Both must agree that attending together is in the best interest of their children and will enhance their learning. Priority is given on first-come, first-served basis.

**Important: Registration is not complete if not made through UW-Extension,** even if payment has been made. Registered students will be contacted in the event of a schedule change or class cancellation.

## Payment Information

**Fee: \$30 per parent.** Cash, checks or money orders will be accepted in advance or at time of class. (Exact amount only.) Please make checks to:

**Ashland County Clerk of Court  
201 West Main Street  
Courthouse, Room 307  
Ashland, WI 54806**

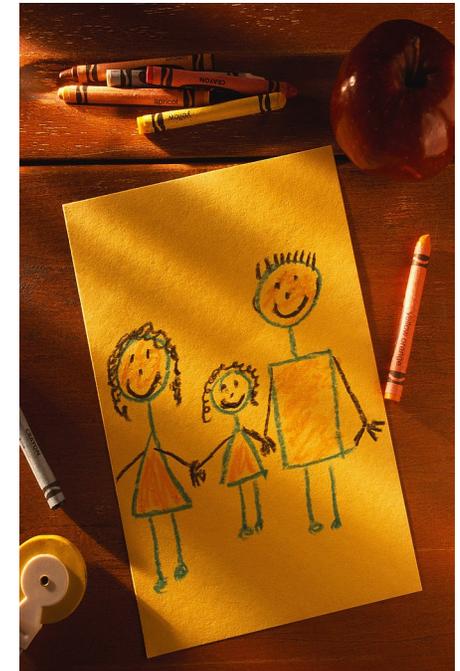
## Is there an online option?

An online program *Children In Between* (\$69.95) may be approved on a case-by-case basis. Contact the Clerk of Circuit Court in your county to request.

# Successful Co-Parenting

Education for  
Divorcing or Separated Parents

**JULY– DECEMBER, 2017**



**UW**  
**Extension**  
University of Wisconsin-Extension

# 2017 JULY-DECEMBER SCHEDULE

## Successful Co-Parenting

Month	Date	Day	Time	Location
July	11	Tuesday	Noon—3:00pm	Washburn
August	15	Tuesday	9:00am—Noon	Ashland
September	20	Wednesday	5:30pm— 8:30pm	Washburn
October	26	Thursday	3:00—6:00pm	Ashland
December	6	Wednesday	3:00pm—6:00pm	Washburn

### Locations:

#### **Ashland:**

**Ashland County Courthouse,**  
201 West Main Street, Ashland  
Third Floor - Jury Room No. 1  
(Enter from the north entrance adjacent to parking lot.)

#### **Washburn:**

**Bayfield County Courthouse,**  
117 East Fifth Street, Washburn  
Lower Level - Conference Room B,  
(Follow posted signs to class location.)

### Educators:

#### **Heidi Ungrodt**

Family Living Educator  
Ashland & Iron Counties

#### **Elizabeth Lexau**

Family Living Educator  
Bayfield County

*“Makes you aware of things that can and will come up and how to deal with them without emotionally upsetting the children.”*

— Parent participant



### **Reported results:**

- ◆ Parents perceived the classes to be realistic and useful.
- ◆ Parents reported success in dramatically lowering exposure of their children to parental conflict.
- ◆ Parents completing the class were better able to work through how they would handle difficult child-related situations with the other co-parent.



### **Parents will:**

- 1 Become aware of the burdens and dilemmas of children caught in the middle of parental conflicts and problems at different ages.
- 2 Learn and practice new skills for positively interacting with their children and ex-spouse or partner.
- 3 Learn ways to communicate with and support children during difficult times, and encourage children to give parents feedback when problems occur.



*“Excellent program. Opened my eyes to my kids’ point of view and the importance of a joint effort for my kids’ benefit.”*  
— Parent participant