

## Why Education?

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

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



**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 parents can reduce conflict and support children through tough times.

***You can find ways to co-parent effectively and help your children transition toward a healthy future.***

### Caught 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

## How to Schedule

**Participants must register directly with UW– 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 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.

**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: \$25 per person.** Cash or checks accepted in advance or at time of class. Make checks payable to:

**Bayfield County UW-Extension**

(If paying in cash, please bring exact amount. We are unable to make change at the class.)

## 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**

**JAN-JUNE, 2019**



**UW  
Extension**  
University of Wisconsin-Extension

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.

# 2019 SCHEDULE, JANUARY—JUNE

## Successful Co-Parenting

Month	Date	Day	Time	Location
Jan	24	Thursday	3:00—6:00pm	Bayfield County Courthouse
Feb	26	Tuesday	9:00am—Noon	Ashland County Courthouse
March	20	Wednesday	3:00—6:00pm	Bayfield County Courthouse
April	12	Friday	Noon—3:00pm	Ashland County Courthouse
May	9	Thursday	3:00—6:00pm	Red Cliff Health Center
June	18	Tuesday	5:00-8:00pm	Ashland County Courthouse

### Locations:

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

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

**Red Cliff Community Health Center**  
36745 Aiken Road, Red Cliff  
Community Room

*"This class was very helpful in understanding communication with co-parenting."  
— Parent participant*

*"Makes you aware of things that can and will come up and how to deal with them without emotionally upsetting the children."  
— Parent participant*



### Instructors:

**Heidi Ungrodt**  
Family Living Educator  
Ashland County

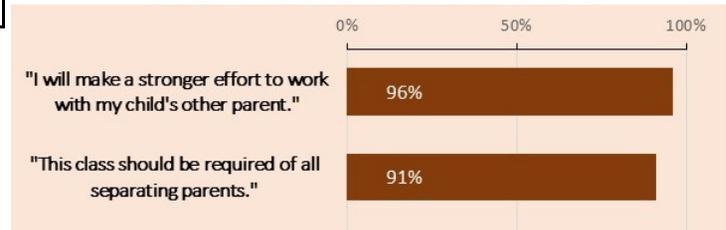
**Elizabeth Lexau**  
Family Living Educator  
Bayfield County

### Parents will...

- Become aware of the impact of family conflict on children.
- Learn ways to support their children during difficult times.
- Develop and practice new skills for positive interactions with their ex-partner.
- Understand the importance of managing their own stress to support their children.



### Parents who have taken the class say...



Ashland & Bayfield County participants 2014-2017

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



*Parents consistently report that they find the class more useful than other sources of information related to co-parenting, including friends, relatives, books and the Internet.*