



How do these classes help divorcing/separating families?

- The single best predictor of child well-being is continuing, meaningful involvement with both parents.
- Children cope well when parents cope well.
- Children do best when they are not caught in the middle.

These classes help you help your children.



**2009 Class Schedule
No Longer Together, But
Parents Forever**

**Classes (4 hours total) will be held* at
Polk County Government Center
100 Polk County Plaza, Balsam Lake, WI**

Saturdays, January 10 and 17*
9:30 - 11:30 am

**This class will be held at Justice Center.*

Mondays, February 9 and 16
6:00 - 8:00 pm

Wednesdays, April 8 and 15
5:15—7:15 p.m.

Thursdays, May 14 and 21
3:30 - 5:30 pm

Wednesdays, July 1 and 15
6:00 - 8:00 pm

Thursdays, August 13 and 20
6:00 - 8:00 pm

Tuesdays, October 6 and 13
6:00 - 8:00 pm

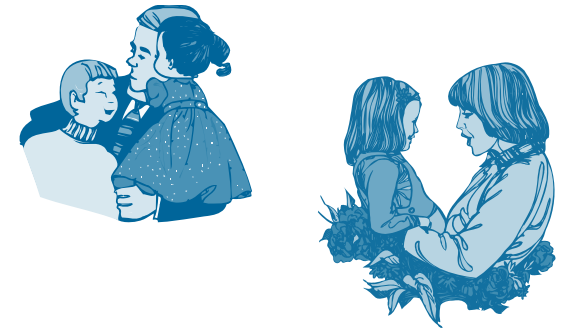
Mondays, November 16 and 23
9:00 - 11:00 am

Please call or e-mail Gail if you
have questions: 715-485-8600
gail.peavey@ces.uwex.edu



**No Longer
Together,
But Parents
Forever**

*A parenting class for
parents in the process
of divorce, never married,
separated, or already
divorced. **DO NOT BRING
CHILDREN OF ANY AGE.***



**^{UW}
Extension**

Polk County Extension Office
100 Polk County Plaza, Suite 210
Balsam Lake, WI 54810
715-485-8600



These two classes (4 hours total) help you meet the needs of your children. Sessions will focus on:

- Guidelines for Cooperative Parenting
- Creating a Parenting Plan
- Stress and Communication
- Managing Conflict



Topics discussed will include:

- Are you making your divorce more destructive than it has to be?
- Communication stoppers and enhancers.
- Easing the effects of divorce/separation on children.
- Managing conflict while co-parenting.
- No longer together, but parents forever.

Attending together?
Attending separately?



Some couples choose to attend the program together. Others gain the most by attending separately. If you have concerns about this, talk with the other parent and/or call or e-mail Gail at 715-485-8600 gail.peavey@ces.uwex.edu

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.

Classes are scheduled **8 times** in 2009. The class registration fee is \$20 (non-refundable) per person. **Registrations & payment must be received 5 business days prior to class.**

Classes will be held at Polk County Government Center, 100 Polk County Plaza, Balsam Lake, on the 2nd Floor in the West Conference Room **EXCEPT** for the January classes, which will be held at the Justice Center in Balsam Lake.

Registration information:

Name

Street/Mailing Address

City, State, ZIP

E-mail Address

Phone

Which class are you registering for? (Date)

Case File No.

Other Parent's Name

Check one:

I do not wish to attend with the other parent.

No objection to attending with the other parent.

Please tell us when registering if you need special accommodations.

Return registration form and \$20 payable to Polk County Extension. Mail to:
Gail Peavey, Family Living Agent
Polk County Extension Office

