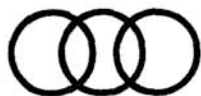


# COOPERATIVE PARENTING AND DIVORCE



**Cooperative Parenting**  
Shielding Children From Conflict



## What is Cooperative Parenting About?

- ◆ **Educating Parents** regarding the impact of parental conflict on their child's emotional wellness and development.
- ◆ **Assisting Parents** in shifting their role from partners or spouses to co-parents.
- ◆ **Teaching Parents** anger management, communication and conflict resolutions skills.
- ◆ **Helping Parents** find new ways to help their children through difficult, life-changing times.



## What Kind of Class Will I Be Attending?

**C**ooperative Parenting explores the issues of divorce and separation through a group format, facilitated by a parent educator. This format is designed for parents who are experiencing mild to moderate levels of parental conflict.

The class will consist of two 2 hour sessions.

Sessions will include videos, discussion, and reference materials.



## How Will This Class Help My Family?

- ◆ Reduce stress in your child's life.
- ◆ Help your child understand it is ok to love both of their parents.
- ◆ Create a more relaxed home.
- ◆ Ease the fears and concerns of your child.
- ◆ Teach you to effectively communicate with your family.
- ◆ Give you conflict resolution skills.
- ◆ Increase your likelihood of keeping two active parents in the child's life.
- ◆ Provide you with information you can use to improve the quality of your life and that of your family.

## Where Will the Class Be Held?

This will be listed on your Order to Attend Cooperative Parenting and Divorce Classes. If you have questions about where the classes will be held, you can call the Family Court Commissioner's Office at 328-9429.

Cooperative Parenting is an innovative program that puts children first while creating promising solutions that focus on education, intervention, mediation, and prevention of parental conflict in situations of family separation.

## Who Will Teach This Class?

The class will be taught by Barbara Duerst, RN, MS, Family Living Educator at the UW Extension Green County.

