

## PARENTS FOREVER

is a research-based educational program designed to help parents through the process of making informed, child-supportive decisions during separation and divorce, resulting in healthy children and positive parent-child relationships.

### ❖ Registration Policies

- ◆ Participants with financial concerns are encouraged to discuss payment options with the Parents Forever coordinator prior to the first class.
- ◆ Accommodations will be made for participants with disabilities or those needing interpreters upon request. Please contact your county Extension office or your Parent Resource Center three weeks in advance of the program you plan to attend.
- ◆ Materials are available in Spanish upon request.
- ◆ **IMPORTANT:** Please indicate if someone CANNOT be in class with you. Per policy, parents are not required to attend together, but are encouraged to do so when their relationship is safe and amicable.

For more information, contact your local county Extension office or the Parent Resource Center in your area.

### Parent Resource Centers

#### Parent Resource Center

110 Broadway W., Suite 202      Williams County Extension Service  
Williston, ND 58801      205 Broadway E., Box 1109  
Phone: (701) 774-6335      Williston, ND 58802-1109  
Phone: (701) 577-4590 or 577-4595

#### NDSU Extension/Central Dakota Parent Resource Center

Ward County Extension Office  
Courthouse, Room 101, Box 5005  
Minot, ND 58702-5005  
Phone: (701) 857-6450

#### Region III Family Resource Center

Jigsaw Junction      Ramsey County Extension Service  
115 5th Ave. N.E.      524 4th Ave. N.E. #5  
Devils Lake, ND 58301      Devils Lake, ND 58301  
Phone: (701) 662-7529      Phone: (701) 662-7027

#### NDSU Extension/Parent Information Center

3351 17th Ave. S.      Grand Forks Co. Extension Service  
Grand Forks, ND 58201      151 4th St. S., Suite 302  
Phone: (701) 780-8229      Grand Forks, ND 58201  
Phone: (701) 780-8229

#### NDSU Extension/Region V Parenting Resources Center

Cass County Extension Service  
1010 2nd Ave. S., Box 2806  
Fargo, ND 58108-2806  
Phone: (701) 241-5700

#### Barnes-Stutsman Parenting Resource Center

Barnes Co. Extension Service      Stutsman Co. Extension Service  
230 4th St. N.W., #204      116½ 1st St. E.  
Valley City, ND 58072      Jamestown, ND 58401  
Phone: (701) 845-6652      Phone: (701) 252-9030

#### NDSU Extension/Region VII Parenting Resource Center

Morton County Extension Service  
210 2nd Ave. N.W.  
Mandan, ND 58554  
Phone: (701) 667-3342 or 667-3340

#### West Dakota Parent and Family Resource Center

336 5th St. W.      Stark/Billings Co. Extension Office  
Dickinson, ND 58601      1340 Villard St. W.  
Phone: (701) 456-0007      Dickinson, ND 58601-4646  
Toll-free: (877) 264-1142      Phone: (701) 456-7665

*NDSU is an equal opportunity institution*



# PARENTS FOREVER™

EDUCATION FOR FAMILIES  
IN DIVORCE TRANSITION

## NDSU Extension Service North Dakota State University

curriculum developed by

UNIVERSITY OF MINNESOTA

EXTENSION

## ❖ Why should I attend the Parents Forever course?

Fewer than half of America's children can expect to live their childhood with their biological parents due to divorce or their parents never being married. Research shows that on average, these children:

- ◆ get sick more often
- ◆ get in trouble more often
- ◆ get lower grades at school
- ◆ have more trouble making friends

When parents cannot work constructively through custody, child support and other difficult divorce issues, the pain for both parents and children endures long after the divorce is final.

**Parents Forever** participants learn how to make informed, child-supportive decisions so children will come through divorce having a positive relationship with both parents.

**Parents Forever** is a comprehensive educational program that puts parents on the path to minimizing stress for themselves and their children.

It's changed me! It's taken the focus more off of me and put it on "Where do my kids fall into play here?" *Parents Forever participant*

## ❖ Class Outline

### ◆ Impact of Divorce on Adults

### ◆ Impact of Divorce on Children

This course focuses on:

- how divorce affects developmental needs and age-related behaviors of children and youth
- children's grief cycle
- recognizing your parenting style
- strengthening communication skills between parents
- tools for developing a parallel parenting plan

### ◆ Pathways to a New Life

**\$55 fee for four-hour course**

Certificates will be distributed upon completion.

## ❖ Who should attend Parents Forever classes?

- ◆ Parents experiencing a family transition of separation/divorce
- ◆ Parents considering separation/divorce who would like to learn more about the impacts on their family
- ◆ Parents who are divorced and experiencing challenges with co-parenting
- ◆ Parents who have never been married and do not live together, but have challenges co-parenting

## ❖ Participant quotes

*"I really think before I speak now. I wish I would have had the class earlier in my divorce."*

*"Be careful about the messages you send your kids."*

*"I think this was really a great and practical class. I was dreading it because I thought I'd be overwhelmed with guilt. I appreciated the hope that was portrayed in the presentation and*

*positive attitude that was presented with important ideas."*

*"Be careful about the messages you send your kids about the ex-spouse, money, etc. Kids should not have to deal with our problems."*

*"How to keep our children out of the middle and learning their developmental stages (in relation to) the effects of the divorce."*

*"I had reaffirmation that my ex-husband and I are doing the right things for our son. I learned some things regarding effects this has on a child at his age."*

