

PARENTS FOREVER

Program Dates



PARENTS FOREVER™

EDUCATION FOR FAMILIES
IN DIVORCE TRANSITION

NDSU
Extension Service
North Dakota State University

curriculum developed by

UNIVERSITY OF MINNESOTA

EXTENSION

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❖ 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

❖ 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."



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.

NDSU is an equal opportunity institution

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

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
Williston, ND 58801
Phone: (701) 774-6335

Williams County Extension Service
205 Broadway E., Box 1109
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
115 5th Ave. N.E.
Devils Lake, ND 58301
Phone: (701) 662-7529

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

NDSU Extension/Parent Information Center

3351 17th Ave. S.
Grand Forks, ND 58201
Phone: (701) 780-8229

Grand Forks Co. Extension Service
151 4th St. S., Suite 302
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
230 4th St. N.W., #204
Valley City, ND 58072
Phone: (701) 845-6652

Stutsman Co. Extension Service
116½ 1st St. E.
Jamestown, ND 58401
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.
Dickinson, ND 58601
Phone: (701) 456-0007
Toll-free: (877) 264-1142

Stark/Billings Co. Extension Office
1340 Villard St. W.
Dickinson, ND 58601-4646
Phone: (701) 456-7665

PARENTS FOREVER Class Registration Form

(please print)

Name _____

Address _____

City _____

State _____ ZIP _____

Phone No.: (1) _____

(2) _____

County where you are filing for divorce _____

Date of course you are attending _____

Class Site _____

I would prefer that _____ does not attend at the same time as me.

Class Fee: \$55

Payment enclosed \$ _____

Checks Payable to:

Payment in full is required before the start of class.

*Please bring drivers license to class for identification. Participants with financial concerns are encouraged to discuss payment options with the **Parents Forever** Coordinator prior to the first class. Financial support may be available for special circumstances.*

Mail or bring registration to: