Parents Forever is a family transition program for parents as they continue to parent together through a divorce or separation, and for never-married parents when they decide to parent apart. Children need safety, care and freedom from parental conflict, as well as love and limits from both parents.

The online course is offered through University of Minnesota Extension in cooperation with North Dakota State University Extension.

Who should take the Parents Forever course?

- Parents experiencing a family transition such as separation or divorce
- Parents who are considering separation/divorce and would like to learn more about the impacts on their family
- Parents who are divorced and experiencing challenges with co-parenting
- Never-married parents who do not live together

What will I learn?

- What affects children’s adjustment
- How age and stage of development impact stages of grief
- What the transition looks like through your child’s eyes
- Strategies for co-parenting
- Games parents play and why they are hurtful
- How to manage anger, conflict and stress
- Best practices for communication skills

Why should I take this course?

Although many children experience the separation or divorce of parents, most of them will have relationships with those parents forever. Divorce can be a challenging and painful transition that children experience differently than adults. The distress of the adults involved in a divorce can interfere with their ability to respond to their children and their children’s needs. Parent can find the tools they need to help themselves and their children through the difficult transition of separation or divorce. The information shared in this course puts parents on a path to minimize stress for themselves and their children and improve adjustment to transition difficulties.

Online Course

The online course is offered through the University of Minnesota Extension in cooperation with NDSU Extension.

- Takes approximately 4½ hours to complete, depending on skills and learning style (plus some computer compatibility setup time)
- Offers a certificate, which is available upon completion
- Costs $69
- Requires a reliable computer and internet connection, plus other technical requirements
- Requires comfort with online learning
- Requires a fifth- to eighth-grade reading level in English

Advantages

- Available when you need it
- Accessible wherever an internet connection is available
- User controls access to the information; program can be completed as quickly or slowly as needed
- Consistent information presented every time
- Saves driving to a site and possible child-care costs

In-person Course

North Dakota State University Extension offers the in-person course in several counties across North Dakota.

- Takes four hours to complete
- Certificate available upon completion
- Costs $55

Advantages

- Classes offered at a variety of times and locations
- Group interaction and learning opportunities
- Connection to additional local agencies and resources
- Teaching can be adjusted to individual participant’s needs
- Reduced fees possible in some locations

In-person registration policies:

Phone or email your local program coordinator at least three weeks in advance to discuss:

- Payment options
- Special accommodations
- Spanish language materials
- Other concerns, including people who should not attend classes together

www.parentsforevernd.org