

## Devils Lake

Ramsey County Extension Office

Phone: (701) 662-7027

[www.ag.ndsu.edu/ramseycountyextension](http://www.ag.ndsu.edu/ramseycountyextension)

## Dickinson

Stark/Billings County Extension Office

Phone: (701) 456-7665

[www.ag.ndsu.edu/starkcountyextension](http://www.ag.ndsu.edu/starkcountyextension)

## Fargo

Cass County Extension Office

Phone: (701) 241-5700

[www.ag.ndsu.edu/casscountyextension](http://www.ag.ndsu.edu/casscountyextension)

## Grand Forks

Grand Forks County Extension Office

Phone: (701) 780-8229

[www.ag.ndsu.edu/grandforkscountyextension](http://www.ag.ndsu.edu/grandforkscountyextension)

## Jamestown

Stutsman County Extension Office

Phone: (701) 252-9030

[www.ag.ndsu.edu/stutsmancountyextension](http://www.ag.ndsu.edu/stutsmancountyextension)

## Langdon

Cavalier County Extension Office

Phone: (701) 256-2560

[www.ag.ndsu.edu/cavaliercountyextension](http://www.ag.ndsu.edu/cavaliercountyextension)

## Mandan

Morton County Extension Office

Phone: (701) 667-3340

[www.ag.ndsu.edu/mortoncountyextension](http://www.ag.ndsu.edu/mortoncountyextension)

## Minot

Ward County Extension Office

Phone: (701) 857-6450

[www.ag.ndsu.edu/wardcountyextension](http://www.ag.ndsu.edu/wardcountyextension)

## Watford City

McKenzie County Extension Office

Phone: (701) 444-3451

[www.ag.ndsu.edu/mckenziecountyextension](http://www.ag.ndsu.edu/mckenziecountyextension)

## Williston

Williams County Extension Office

Phone: (701) 577-4595

[www.ag.ndsu.edu/williamscountyextension](http://www.ag.ndsu.edu/williamscountyextension)



# Parents Forever™

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.

**NDSU** EXTENSION  
SERVICE

Parents Forever™ is a research-based educational program developed by the University of Minnesota Extension to help parents through the process of making informed, child-supportive decisions during transitions such as separation and divorce, resulting in healthy children and positive parent-child relationships.

## Who should take the Parents Forever™ Course?

- Parents experiencing a family transition such as separation or divorce
- Parents who are considering separation/divorce and who 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 but want to strengthen their co-parenting efforts

## Why should I take this course?

Although many children experience the separation or divorce of parents, at the same time 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. However, parents and caregivers 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.

## 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

Parents Forever™ can be taken online or in-person. Both versions of the class are based on the same content and designed to best meet the needs of parents going through a family transition such as divorce or separation.

[www.parentsforevernd.org](http://www.parentsforevernd.org)



# Parents Forever™

## Online Course

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

- Available 24 hours a day, seven days a week
- Approximately 4.5 hours to complete, depending on skills and learning style (plus some computer compatibility set-up time)
- Certificate available upon completion
- Cost for the course is \$69
- Requires a reliable computer and Internet connection, plus other technical requirements
- Requires comfort with online learning
- Requires fifth- to eighth-grade reading level in English

### Advantages:

- Available 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

### To register online:

Go to [www.parentsforevernd.org](http://www.parentsforevernd.org)

## In-person Course

NDSU Extension Service offers the **in-person course** in several counties across the state listed in this brochure.

- Classes offered at a variety of times and locations
- Takes four hours to complete
- Certificate available upon completion
- Cost for the class is \$30

### Advantages:

- 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
- Interpreter services
- Spanish language materials
- Other concerns, including people who should not attend classes together

**NDSU** EXTENSION SERVICE

## County information

# Parents Forever™

## Class Registration Form (please print)

Name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP code \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

County where you are filing for divorce \_\_\_\_\_

Date of course you are attending \_\_\_\_\_

Class location \_\_\_\_\_

Is there anyone you prefer not to be in the same class? \_\_\_\_\_

Bring a current, valid photo ID to class for identification.

The class fee of \$30 per person, paid in full, is required before the start of class.

### Please make checks payable to:

Stark/Billings County Extension

### Mail or deliver payment to:

NDSU Extension Service-Stark/Billings County  
1340 W Villard  
Dickinson ND 58601

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